



# Parent/Carer Support Group

## About Us:

The Parent Support Group is an online support group, facilitated by NHS mental health practitioners. The group is a safe space for parents to get together, share their experiences and build positive relationships. A different subject is discussed each month and parents will receive useful information and strategies around the chosen monthly topic. For an invite, please email: [mhstparentsupport@bdct.onmicrosoft.com](mailto:mhstparentsupport@bdct.onmicrosoft.com)

**Next Parents Support Group details: Tuesday 19<sup>th</sup> December 2023**  
**Topic: “Supporting your child: Healthy Lifestyle”.**


BRADFORD AND CRAVEN  
trailblazer **NHS**

## Parent/Carer Support Group


Supporting Emotional and Mental Health



Tuesday  
19th December



10:30am or  
7:30pm



Held on Zoom  
Please email the  
address below

### THIS MONTHS TOPIC: SUPPORTING YOUR CHILD: HEALTHY LIFESTYLE



In this months Parent Support Group, we will be discussing the close relationship between physical and mental wellbeing, covering such topics as sleep, nutrition and keeping active. This topic will cover how to maintain overall wellbeing

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