



# 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 16th July 2024**  
**Topic: “Supporting your child: Strengthening relationships”.**

BRADFORD AND CRAVEN  
trailblazer **NHS**

## Parent/Carer Support Group

Supporting Emotional and Mental Health



Tuesday  
16th July



10:30am or  
7:30pm



Held on Zoom  
Please email the  
address below

### THIS MONTHS TOPIC: SUPPORTING YOUR CHILD: STRENGTHENING RELATIONSHIPS



In this months Parent Support Group, we will be discussing how relationships help our children’s brain development. The session will also be looking at strategies around strengthening family relationships and how these increase self-confidence and ability to regulate emotions