



## 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 20th August 2024**  
**Topic: “Supporting your child: Transition and the return to school”.**

BRADFORD AND CRAVEN  
trailblazer **NHS**

## Parent/Carer Support Group

### Supporting Emotional and Mental Health



Tuesday  
20th August



10:30am or  
7:30pm



Held on Zoom

Please email the  
address below

### THIS MONTHS TOPIC: SUPPORTING YOUR CHILD: TRANSITION AND THE RETURN TO SCHOOL



In this months Parent Support Group, we will be reflecting on the upcoming return to school in September and how children and young people may be feeling. During the group we will discuss strategies around the potential anxiety and how to manage this.

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