



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

Next Parents Support Group details: Tuesday 15th October 2024
Topic: “Supporting your child: Teenage Brain development”.

BRADFORD AND CRAVEN
trailblazer **NHS**

Parent/Carer Support Group

Supporting Emotional and Mental Health



Tuesday
15th October



10:30am or
7:30pm



Held on Zoom

Please email the
address below

THIS MONTHS TOPIC: SUPPORTING YOUR CHILD: TEENAGE BRAIN DEVELOPMENT



In this months Parent Support Group, we will be discussing teenage brain development. Within the session, we will cover information around how this may inform emotional wellbeing and opportunity to learn new knowledge to support your child and young person.

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