



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 17th October 2023
Topic: “Supporting your child: Feelings of panic and overwhelm”.

BRADFORD AND CRAVEN
trailblazer **NHS**

Parent/Carer Support Group

Supporting Emotional and Mental Health



Tuesday
17th October



10:30am or
7:30pm



Held on Zoom
Please email the
address below

**THIS MONTHS TOPIC:
SUPPORTING YOUR CHILD: FEELINGS OF PANIC
AND OVERWHELM**



In this months Parent Support Group, we will be covering what feelings of panic and overwhelmed can look like in children and young people. We will also look at ideas of how to support your child with these feelings.

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