Bradford District Care
NHS Foundation Trust

Parent and Carer Support Group

From the Mental Health Support Team

Our online Parent and Carer Support Groups offer a safe and welcoming space to explore ways of supporting your child's emotional wellbeing, and your own.

Each half term, we cover a new wellbeing topic inspired by the Five Ways to Wellbeing, and share practical tips and ideas. It's also a chance to connect with other parents, share experiences, and support one another.

This half-term's topic:

Be Active – Move your mind

Join us to explore how movement, routines, and everyday activities can support children's emotional wellbeing, with practical strategies and space to reflect together. We will discuss simple ways to build healthy habits at home, recognise when wellbeing may be affected, and explore where further support can be accessed if needed.

Date: Tuesday 9th June 2026
Times: 10:30am – 12:00pm or 7:00pm – 8:30pm
Platform: Microsoft Teams

To register your interest and receive a joining link, please email:
mhstparentsupport@bdct.onmicrosoft.com

