Bradford District Care
NHS Foundation Trust

Parent and Carer Support Group

From the Mental Health Support Team

Our online Parent and Carer Support Group offers 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:
Give – Doing Good, Feeling Good

This session will explore simple ways to strengthen communication, build trust, and maintain healthy relationships with your child and family. Together, we'll discuss how small, everyday actions can make a big difference to emotional wellbeing at home.

Date: Tuesday 10th February 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

