



## **Parent/Carer Workshops & Support Groups**

- **Are you worried about the mental health or emotional wellbeing of your child?**
- **Would you like to hear from the Educational Psychology Team what you can do to support your child, and where else you can access support?**
- **Would you like to meet other parents/carers who share your concerns?**

Bradford Educational Psychology Team are offering FREE workshops and support groups for parents and carers, via the Mental Health Champions project, which is commissioned and funded by the Clinical Commissioning Groups in Bradford. Parents and carers are eligible if the child/young person (up to age 18) in their care lives in the Bradford area.

The dates of the first round of workshops are:

- Monday 23<sup>rd</sup> Nov (9.30-11am) for parents/carers in the West\*
- Tues 24<sup>th</sup> Nov (1-2.30pm) for parents/carers in the North\*
- Weds 25<sup>th</sup> Nov (1-2.30pm) for parents/carers in the East\*
- Fri 27<sup>th</sup> Nov (9.30-11am) for parents/carers in the South\*

*The topic for these sessions is "Covid recovery and returning to school".*

The second round of meetings are:

- Monday 7<sup>th</sup> December (1-2.30pm) for parents/carers in the West\*
- Tuesday 8<sup>th</sup> December (9.30-11am) for parents/carers in the North\*
- Tuesday 8<sup>th</sup> December (1-2.30pm) for parents/carers in the East\*
- Thursday 10<sup>th</sup> December 9.30-11am) for parents/carers in the South\*

*The topic for these sessions is how to support children and young people who are struggling with the loss of social relationships due to pandemic (this is an area of concern highlighted as an issue for several CYP in the district via our recent school audit)*

\*We would like to encourage parents to sign up to the online session allocated to your geographical area, but you are very welcome to join us on a different day if that better suits your personal circumstances.

Due to the ongoing coronavirus situation, we are holding our events this term online, via **WebEx**. You will need internet access in order to log in to WebEx, but you do not need to download any software or register a WebEx account.

### **Booking details:**

To register interest or book a session, please contact Charlotte McLaughlin on 07816 089217 (before 12 noon please) or email [charlotte.mclaughlan@bradford.gov.uk](mailto:charlotte.mclaughlan@bradford.gov.uk)

Parents/carers are welcome to book directly but we would also accept registrations of interest on behalf of parents/carers from MH Champions in school, and other staff members. Once interest has been registered, log in details and passwords will be sent.

For further information, please contact [MHChampions@bradford.gov.uk](mailto:MHChampions@bradford.gov.uk)