


“Raising Yorkshire Puddings”

Parent 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 18th October 2022
Topic: “Supporting your child: Sleep Hygiene”


BRADFORD AND CRAVEN
trailblazer NHS

Raising Yorkshire Puddings


Parent Support Group



Tuesday
18th October




10:30am
or 7:30pm




Zoom
Email the address
below for the link

THIS MONTHS TOPIC:
SUPPORTING YOUR CHILD: SLEEP HYGIENE



This month we will be focusing on sleep and sleep hygiene. Sleep Hygiene focuses on healthy habits and behaviours. Join us to learn more and how it may relate to your children.

 mhstparentsupport@bdct.onmicrosoft.com