



# “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](mailto:mhstparentsupport@bdct.onmicrosoft.com)

**Next Parents Support Group details: Tuesday 20<sup>th</sup> September 2022**  
**Topic: “Supporting your child: Separation Anxiety”**


BRADFORD AND CRAVEN  
trailblazer **NHS**

## Raising Yorkshire Puddings


### Parent Support Group



Tuesday  
20th September



10:30am  
or 7:30pm



Zoom  
Email the address  
below for the link

**THIS MONTHS TOPIC:  
SUPPORTING YOUR CHILD: SEPARATION ANXIETY**



Returning to school in September can feel tricky for some children and they may experience feelings of separation anxiety. Feel free to join us to explore this topic together