



# Parent/Carer 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 16<sup>th</sup> April 2024**  
**Topic: “Supporting your child: Exam Stress”.**


BRADFORD AND CRAVEN  
trailblazer **NHS**

## Parent/Carer Support Group


Supporting Emotional and Mental Health



Tuesday  
16th April



10:30am or  
7:30pm



Held on Zoom  
Please email the  
address below

### THIS MONTHS TOPIC: SUPPORTING YOUR CHILD: EXAM STRESS



In this months Parent Support Group, we will be thinking about Exam Stress. Together, we look at strategies to manage the emotions and difficulties that exams can bring and how to support your child before and while completing exams.