



Bradford  
Educational  
Psychology Team



Mental Health  
Champions

## Parent/Carer workshops for Mental Health and Emotional Wellbeing From the Mental Health Champions Project / Bradford Educational Psychology Team

- *Are you a parent/carer\* of a child or young person who lives in Bradford?*
- *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?*

**Bradford Educational Psychology Team are FREE workshops 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 a child/young person (up to age 18) in their care lives in the Bradford area.

The dates of the next round of sessions are:

- Monday 22 November, 1-2:30pm
- Monday 29 November, 1-2:30pm
- Tuesday 30 November, 9:30-11am
- Tuesday 7 December, 9:30-11am

**The topic for the sessions this term is 'Understanding and Managing Anxiety'**

Due to the ongoing coronavirus situation, we are holding our events this term online, via Microsoft Teams.

Sessions may be cancelled if minimum numbers are not met, and any parents/carers booked on to sessions that are cancelled will be offered an alternative.

Please note that these events are group sessions, intended to offer information and training for parents/carers, but we are not able to offer any individual advice via this forum.

**Booking details:** To register interest or book a session, please contact Charlotte McLaughlan on 07816 089217 (before 12 noon please) or email [charlotte.mclaughlan@bradford.gov.uk](mailto:charlotte.mclaughlan@bradford.gov.uk). Once interest has been registered, log in details and passwords will be sent.

\*Please note: All sessions are for parents and carers only, not school staff or professionals unless they are attending in their capacity as parent of a young person living in Bradford