



Parent/Carer Workshops

- **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 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 focus of our input this year will cover the effects of coronavirus on mental health and emotional wellbeing.

The dates of the next round of sessions are:

- Monday 1st February 10am-11.30am *or*
- Monday 1st February 1pm-2.30pm *or*
- Tuesday 2nd February 10am-11.30am *or*
- Tuesday 2nd February 1pm-2.30pm

** 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.*

The topic for the February session is supporting children and young people who are struggling with perceptions that they are falling behind with school work/studies.

Further topics/sessions will be offered later on during the year.

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

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.

Participants are invited to book a single session each half term. The content is repeated on different dates during the same half-term to offer a range of options for attendance. Parents and carers are welcome to book further sessions later on during the year, when different topics will be covered.

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.

For further information, please contact MHChampions@bradford.gov.uk