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

**Next Parents Support Group details: Tuesday 17th October 2023**

**Topic: “Supporting your child: Feelings of panic and overwhelm”.**

