



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

Bradford Educational Psychology Team offer free group workshops for parents and carers, via the Mental Health Champions project.

Parents and carers are eligible if a child/young person (up to age 18) in their care lives in the Bradford area.

The theme for the next round of parent workshops will be:

“Supporting children to build positive relationships and to process, make sense of and manage their emotions”.

This workshop will help parents to understand:

- How a child’s early relationships impact on their development and ability to manage their emotions.
- How parents can use Emotion Coaching to help their child to understand how they are feeling and to begin to communicate their emotions and manage these more effectively.

****Please note that these are group events and we are unable to offer any individual advice during or following these sessions****

The dates of the next round of sessions are:

- Tuesday 8 March 9:30-11am or;
- Tuesday 8 March 1-2:30pm or;
- Monday 14 March 9:30-11am or;
- Monday 14 March 1-2:30pm.

Sessions are held online, via Microsoft Teams.

Please note: 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.

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.

Booking details: To book please contact Charlotte McLaughlin on 07816 089217 (before 12 noon please) or email charlotte.mclaughlan@bradford.gov.uk. Once your place has been confirmed, login details and passwords will be sent nearer the time.