



Healthy  
Minds

Bradford District and Craven  
Health and Care Partnership



Bradford District Care  
NHS Foundation Trust

# Parent/Carer Support Group

## Supporting Emotional and Mental Health



Monday 18th  
November

Please note day change



10:30am or  
7:30pm

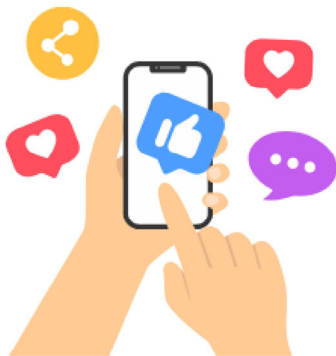


Held on Zoom

Please email the  
address below

THIS MONTHS TOPIC:

## **SOCIAL MEDIA AND KEEPING YOUR CHILD SAFE**



In this months Parent Support Group, we will be discussing what social media is, how this may be used by children and young people and the potential impact that social media may have on emotional wellbeing. We will also think about strategies for keeping safe online.



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