

Parent/Carer Support Group

Supporting Emotional and Mental Health



Tuesday 20th
May



10:30am or
7:30 pm



Held on
MS Teams

Please email the address below

THIS MONTHS TOPIC:

Anxiety: How to Help Your Child



Join us for this session where you will learn what anxiety is and the different types and symptoms. We will discuss coping strategies and gain peer support by having the opportunity of sharing experiences and learn various strategies how you may help your child.



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