



Bradford Educational
Psychology Team



Parent/Carer workshops from the Mental Health Champions Project (Part of 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 they or a child/young person (up to age 18) in their care live in the **Bradford** area*.*

The theme for the next round of parent workshops is:

“Resiliency: helping children and young people to manage challenge and recover from setbacks ”

This workshop will help parents/carers to understand:

- The kinds of protective factors which help prevent or reduce the impact of life’s difficulties
- The risk factors that might make it harder for children and young people to cope with life’s difficulties
- How to support children and young people to build their resiliency in order to bounce back from adversity, to cope with and manage the difficulties and challenges in life.



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:

- Tues 6th December 2022 9.30-11am *or*
- Tues 6th December 2022 1.00-2.30pm *or*
- Thurs 8th December 2022 9.30-11am *or*
- Thurs 8th December 2022 1.00-2.30pm



All sessions are live and online, via Microsoft Teams

Participants need only attend one date as this is a single-session workshop, not a series of events.

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.

Booking details: To book can parents/carers please email MHChampions@Bradford.gov.uk We will ask for your preferred date, the name of the school your child/young person attends, and ask you to confirm that you are a Bradford resident*.

Once your place has been confirmed, login details and passwords will be sent nearer the time.

**Please note that we are commissioned to provide this service to families who live in the Bradford area only. If you child attends a Bradford school but you live outside the area, please contact us before attempting to book a place.*

