



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:

### ***The Emotional Brain: From Tot to Teen.***

#### ***Understanding and supporting your child's emotional development from infancy to adolescence.***

This workshop will help parents/carers to understand:

- The different stages of brain development from birth to adulthood, and how this links to emotional development.
- Different types of emotions, how children and young people might experience these at different stages of development, and what behaviours we might see as a result.
- How to support children and young people to understand their emotions and be able to express these in safe ways.



**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 5th December 2023 9.30-11am *or*
- Thurs 7th December 2023 1.30-2.30pm *or*



*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 onto sessions that are cancelled will be offered an alternative wherever possible.*

**Booking details:** To book can parents/carers please email [MHChampions@Bradford.gov.uk](mailto: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 your child attends a Bradford school but you live outside the area, please contact us before attempting to book a place.*

