



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:

Exam Anxiety: helping children and young people to have a more positive exam experience

This workshop will help parents/carers to understand:

- What we mean by exam anxiety and some of the signs of exam anxiety in children and young people.
- How to support children and young people to develop coping strategies to manage difficult feelings associated with taking exams, and have a more positive experience.



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 19th March 2024 1-2.30pm *or*
- Thurs 21st March 2024 9.30-11am



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 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.*

