



Bradford District and Craven
Health and Care Partnership



Parent/Carer Support Group

Supporting Emotional and Mental Health



Tuesday 15th
April



10:30am or
7:30 pm



Held on
MS Teams

Please email the address below

THIS MONTHS TOPIC:

Helping Your Child with Exam Stress



Exam season can be a challenging time for children and young people. It can bring with it so many mixed emotions and feelings, such as stress and anxiety, which can be difficult for young people to manage. Please attend PSG to explore this topic with other parents incorporating some hints, tips and support from MHST during this time.



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