



Healthy  
Minds

Bradford District and Craven  
Health and Care Partnership



Bradford District Care  
NHS Foundation Trust

# Parent/Carer Support Group

## Supporting Emotional and Mental Health



Tuesday 18th  
March



10:30am or  
7:30 pm



Held on  
MS Teams

Please email the address below

### THIS MONTHS TOPIC: **THE TEENAGE BRAIN**



Join us for this session where we will be discussing all the things linked to the Teenage Brain. We will be covering information around how understanding brain development may inform emotional wellbeing as well as discussing opportunities to learn new knowledge to support your young person.



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