

## **Bradford District and Craven** Health and Care Partnership





## Parent/Carer Support Group

Supporting Emotional and Mental Health



Tuesday 10th December



7:30pm

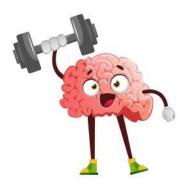


Held on Zoom

Please email the address below

## THIS MONTHS TOPIC:

## THE RELATIONSHIP BETWEEN PHYSICAL & MENTAL HEALTH



At this months Parent Support Group we will be discussing the relationship between physical and mental health, how we can improve mental health using physical movement, and supporting children with physical health challenges



mhstparentsupport@bdct.onmicrosoft.com