



Bradford District and Craven  
Health and Care Partnership



# Parent/Carer Support Group

## Supporting Emotional and Mental Health



Tuesday 25th  
February



10:30am or  
7:30 pm



Held on  
MS Teams

Please email the address below

### THIS MONTHS TOPIC: **LIVING A HEALTHIER LIFE WITH YOUR CHILD: WITH MY LIVING WELL SERVICE**

Are the demands of modern life a barrier to you and your family living a healthier life? Do you want to know the connections between food, being active and our mental wellbeing? Do you want to discuss healthy living with your child and/or family but not sure where to start? Join this session for support around living healthy, the barriers, difficulties and challenges this may bring.



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