

The Incredible Years

BRADFORD AND CRAVEN
trailblazer **NHS**

*Parenting isn't easy and children aren't born with a handbook
but as parents we are expected to know everything...*

The **Mental Health Support Team (MHST)** are a team of specialist Mental Health professionals, and work within schools to provide an additional source of support for young people, their families and school staff.

The MHST are offering a 13 week programme for parents and carers of children aged 4-12 which can help you to:

- Bring out the best in your child
- Cope and feel in control.
- Listen and talk together
- Enjoy spending time together.
- Manage anger and frustration
- Share ideas with other parents.
- Reduce unwanted behaviour.



How to get in touch:

Bradford District:
Majda Amin
Senior Mental Health Practitioner

Craven:
Tracey Kayne
Senior Mental Health Practitioner

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Your next IY Group:



Wednesday 13th September 2023



09:30 – 12:00



Priestthorpe Primary School,
Mornington Rd, Bingley, BD16 4JS