



The NHS Mental Health Support Team invites you to book your place on our: Sleep Workshop

This is an hour long online session aimed at parents and carers to provide psychoeducation around the importance of good sleep habits. The session will include strategies to develop good sleep hygiene.

Upcoming Sessions:

- Monday 24th June at 10:00 - 11:00
- Wednesday 26th June at 16:00 - 17:00

To request a place, please complete the online form or scan the QR code provided:
<https://forms.office.com/e/CQtmyGezJX>



Sign up will close on Wednesday 19th June