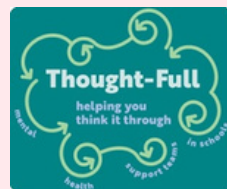




Let's Talk: The Power of Sleep



a Parent Workshop from Thought-Full

Mental Health Support Team

A session to explore the **impact of sleep** on mental health. How to build good sleep routines, the stages of sleep and how to support your child to get the rest they need.



Zzzz...

Led by Thought-Full MHST's mental health team, to further your knowledge of **sleep** and answer questions on **how best to support your child**.

Jan
24

Wednesday
24th
January



5 - 6pm



PROBLEM
SOLVE
TOGETHER

Future Dates:

Weds 22nd Mar
Thurs 2nd May
Thurs 18th July



Attending doesn't make you a bad parent, we just want to **help you, to help them**. We look forward to welcoming you



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QUICK WINS



LEARN
ABOUT THE
BRAIN



CONNECT
WITH OTHER
FAMILIES



GAIN
IDEAS