

Sleep workshop



Daytime and Evening Sessions Available, the information will be the same on both sessions.

Monday 29th June 10:00 – 11:00AM	Online group information session
Week commencing 6th and 13th July	Individual family reviews to support sleep diaries (to be arranged when convenient with each family)
Monday 20th July 10:00 – 11:00AM	Online group information session
Monday 27th 10:00 – 11:00AM	Online group information session & action planning
Week commencing 3rd and 10th August	Individual family reviews to support sleep diaries (to be arranged when convenient with each family)
Monday 17th August 10:00 – 11:00AM	Online group information review

Or

Monday 29th June 7:00 – 8:00PM	Online group information session
Week commencing 6th and 13th July	Individual family reviews to support sleep diaries (to be arranged when convenient with each family)
Monday 20th July 7:00 – 8:00PM	Online group information session
Monday 27th July 7:00 – 8:00PM	Online group information session & action planning
Week commencing 3rd and 10th August	Individual family reviews to support sleep diaries (to be arranged when convenient with each family)
Monday 17th August 7:00 – 8:00PM	Online group information review