



Mental Health and Emotional Wellbeing
Service for Children and Young People



Workshop for Parents of Children 4-12 years old with Sleep Difficulties

- Does your child often wake-up during the night?
- Does your child struggle to settle when going to sleep at night?
- Does your child worry at bedtime?

CHUMS Family Wellbeing Team is offering a virtual workshop which will provide strategies to help overcome a variety of sleep difficulties. For children 4-12 years old we will offer a Parent Workshop.

(A separate sleep workshop is available for young people aged 13 years +)

If you are interested in attending this workshop, please contact us on the email address below and provide parent/carer name, child's name and contact number. Please also state that you are interested in the "Parent Sleep Workshop".

fwteam@chums.uk.com

Once you have registered your interest, you will be contacted via email with more information on the workshop, as well as a registration form to complete. Due to COVID-19 social distancing measures, this workshop will be delivered online.

PLEASE NOTE: YOU MUST BE REGISTERED WITH A GP SURGERY IN CENTRAL BEDS, LUTON OR BEDFORD BOROUGH TO ATTEND THIS WORKSHOP.

There are limited spaces for this workshop, please contact us ASAP to avoid disappointment.