



CHUMS

Mental Health and Emotional Wellbeing
Service for Children and Young People

The Power of Sleep: A Workshop for Teenagers to Tackle Sleep Troubles

**Is your teenager having difficulties
with their sleep?
Are they struggling to get to sleep?
Do they often wake up during the night?**

The CHUMS Family Wellbeing Team is offering a virtual workshop which will provide strategies to overcome sleep difficulties. For Young People aged 13+ years

(A separate sleep workshop is available for parents with children aged 4-12 years).

If your child is interested in attending this workshop, please contact us on the email address below and provide the young person's name and a contact number. Please also state that you are interested in the 'Teenage 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.