



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

A single, hour-long workshop aimed at providing psychoeducation around the importance of cultivating healthy sleep habits, including why we sleep and what might impact sleep. The session aims to help identify ways you and your child could develop good sleep hygiene and includes some strategies you can both use to do this.

[Upcoming Session Face to Face in Padstow School](#)

[Thursday April 25th 2024 - 9am - 10am](#)

Please note: This group is open to parents of children aged from Year 1 to Year 6

To request a place, complete the online form or scan the QR code provided:

<https://forms.office.com/e/jS7>

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Sign up will close on **Thursday 18th April**

