

LD CAMHS West invites you to our...

4-Week Sleep Workshop!

Working together to understand and improve children and young people's sleep

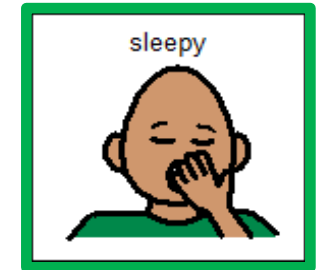
Does your child have sleep difficulties?



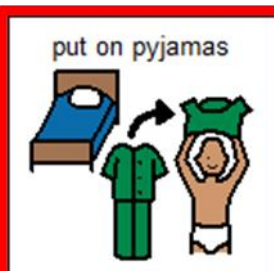
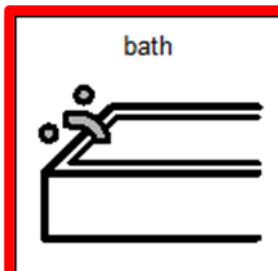
Pavilion Centre, Wealstone Lane, Upton, Chester, CH2 1HD

- Session 1 – 14th November 1.30pm-3pm
- Session 2 – 21st November 1.30pm-3pm
- Session 3 – 28th November 1.30pm-3pm
- Session 4 – 5th December 1.30pm-3pm

To register for a place on the course please call our office on 0151 488 8041 or alternatively email us at cwp.ldcamhs.west@nhs.net



Would you like to create a sleep plan that is centred round your child and family?



Would you like to learn about the science behind sleep and its importance?