



You are warmly invited to

World Sleep Day 2021

Sleep Hygiene, Routine And Self Care Virtual Workshop for Parents/Carers

- Learn about the importance on sleep and routine on mental health.
- Tips for how to create a sleep routine for yourself and your children
 - How to implement routine in your day to day life
 - Tips for supporting self-care

This workshop will be facilitated by Ella, our Education Mental Health Practitioner, and will take place on:

Thursday 25th March at 11-12pm on Zoom

Join Zoom Meeting:

<https://us04web.zoom.us/j/77236218642?pwd=MVZRRjJMdkNIWE NtN1o2QWJyeWt2dz09>

Meeting ID: 772 3621 8642

Passcode: Yvfk9D



Hammersmith, Fulham,
Ealing and Hounslow