

Sleep Workshop

**For parents/caregivers of children/youth with special needs
who are experiencing challenges with sleep.**

Date: Thursday October 19, 2017

Time: 12:30 – 2:30 p.m.

Location: Community Living – Central Huron
15 Rattenbury Street E.
Clinton, ON



Register: Online at <https://sleepclintonoct192017.eventbrite.ca>
or call Carrie at 519-685-8700, ext 53367 (at least one week prior to the workshop
with date, name(s), phone number and email address. We will email you a
confirmation.

Parking: Onsite

Designed for parents/caregivers of children/youth with special needs to:

- understand why sleep is important to everyone
- Identify sleep disturbances and approaches to improve sleep.