

Sleep Workshop

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

Date: Monday November 6, 2017

Time: 12:30 – 2:30 p.m.

Location: Main Floor, Education Ste. North
Thames Valley Children's Centre
779 Base Line Rd., London



Register: Online at <https://sleplondonsept2017.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: LHSC Parking Visitor Lot 7, \$4/hr or \$12 daily maximum. For accessible parking information, please visit <https://www.tvcc.on.ca/parking-779-base-line-road-east>

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.