

Sleep Workshop

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

Date: Wednesday March 7, 2018

Time: 2:00 – 4:00 pm

Location: John McGivney Children's Centre
3945 Matchette Rd.
Windsor, ON



Register: Online at
<https://sleepmar72017jmcc.eventbrite.ca>

Registration / Questions:

Register online through the link above or call Carrie at 519-685-8700, ext 53367 (toll free: 1-866-590-8822) at least one week prior to the workshop with 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.

