

Improving Sleep Workshop

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

Date: Tuesday February 25, 2020

Time: 9:30 a.m. – 11:30 a.m.

Register: Online at
<https://imprvsleep.eventbrite.ca>
at least one week prior to workshop.



Location: Education Suites
Thames Valley Children's Centre
779 Base Line Rd E
London, ON

Parking: LHSC Visitor Lot #7 at \$4.00/hr, \$12.00 daily maximum. Visa, MC and cash are accepted. Accessible parking information is available at
<https://www.tvcc.on.ca/parking-779-base-line-road-east>

Additional Information: If you are experiencing difficulties registering please call Carrie at 519.685.8700, ext 53367 (toll free: 1.866.590.8822), at least one week prior to the workshop, with date/time, name(s), phone number and email address. We will email you a confirmation.

Many children experience sleep problems, which have an impact on the whole family. Your child may wake up throughout the night, wake up too early, sleep at the wrong times, go to bed late, not cooperate with the bedtime routine...sound familiar? TVCC's Sleep workshop helps you determine your child's specific sleep problems. You will create a custom action plan to improve your child's sleep based on your specific situation.