



CHUMS
Mental Health and Emotional Wellbeing
Service for Children and Young People

The Power of Sleep: A Workshop for Teenagers to Tackle Sleep Troubles

**Is your teenager having difficulties
with their sleep?
Are they struggling to get to sleep?
Do they often wake up during the night?**

The CHUMS Family Wellbeing Team are offering a one-off virtual workshop which will provide strategies to overcome sleep difficulties. For Young People aged 13+ years (A separate sleep workshop is available for parents with children aged 4-12 years).

If your child is interested in attending this workshop, please contact us on the email address below by 30th September 2020 and provide the young person's name and a contact number. Please also state that you are interested in the 'Teenage Sleep Workshop'

fwteam@chums.uk.com

The date and time of this workshop will be confirmed over email. Due to COVID-19 social distancing measures, this workshop will be delivered online.

PLEASE NOTE: YOU MUST BE REGISTERED WITH A GP SURGERY IN CENTRAL BEDS OR BEDFORD BOROUGH TO ATTEND THIS WORKSHOP

There are limited spaces for this workshop, please contact us ASAP to avoid disappointment.