

FREE WEBINAR FOR PARENTS & CARERS



# HELPING YOUR CHILD & TEEN SLEEP TOOLS, TIPS & TECHNIQUES



IN THIS 1 HOUR VIRTUAL WORKSHOP HOSTED BY SOMERSET'S MENTAL HEALTH SUPPORT TEAM, WE WILL EXPLORE...

- Why do we need to sleep?
- Teen sleep struggles
- How to support young people to get a better night's sleep so they can meet their full potential
- Evidence based sleep information to improve sleep patterns



WHEN?



19<sup>TH</sup> FEBRUARY 2026

7-8PM



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