**Sleep Workshop**

Cerebra will be hosting a free workshop on ‘Understanding and Supporting your Children’s Sleep’.

**Your name:** ……………………………….

**Please state preferred dates for this session, which fall on a Tuesday, Wednesday or Thursday in September:**

 **…………………………………………………………………………**

**Time: 10am – 2pm**

**Location: TBC**

* The main focus of the workshop will be on how t**o build on your knowledge and understanding of sleep and what impacts/improves it**
* **To increase your skills when addressing issues of settling, night waking, early rising and sleeping alone**
* **To improve your confidence to apply information gained to your own situation.**

If you are interested in attending this event, then please complete and return this form to:

admin@rainbowpcf.org.uk

Cerebra is the charity dedicated to helping families with children with brain conditions discover a better life together.