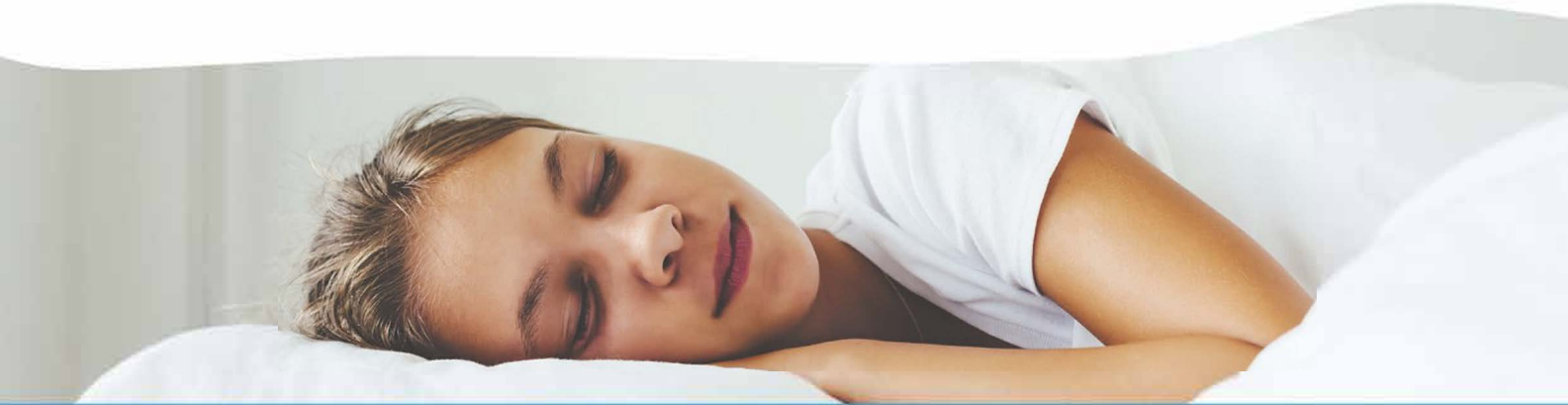


Sleep Workshop

Having trouble with sleep? Let us help



For parents/carers of ADHD/autistic children and young people

CAAS offer sleep support to enable parents to gain a greater understanding of how to support children and young people with sleep issues. We hold regular workshops offering insight into the importance of sleep, as well as strategies for how to support your child to have a more restful night's sleep. We also offer support on a one-to-one basis.

When & where: Monthly; various dates & times
Mixture of online and in-person at CAAS centre



Scan the QR code or contact enquiries@adhdandautism.org to register.
For more info on sleep, visit adhdandautism.org/sleep-resources/