

Cornwall Mental Health Support Team Free Workshop

Dear Parents

Cornwall Mental Health Support Team and Hunrosa Sleep Consultancy have teamed up to support the children and young people in schools through the creation of an accessible online webinar series for parents/carers. The main aim is to support and increase parental knowledge surrounding the importance of sleep and how it can impact on physical and mental health.

A WORKSHOP FOR TIRED FAMILIES

Sleep Wise - a short presentation by Hunrosa Sleep Consultants to help parents with sleep strategies for young people and families

Tuesday 3rd October 2023

10.00 - 11.30 am

OR

Thursday 5th October 2023

4.00 - 5.30 pm

Please complete the form below so that the webinar link can be sent through to you. It is free to attend.

Kind regards
Helen Ward

* Please provide the link to the Free Sleep Wise Workshop for Tuesday, 3rd October 2023

- ☐ Yes
☐ No

* Please provide the link to the Free Sleep Wise Workshop for Thursday, 5th October 2023

- ☐ Yes
☐ No
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