

Online Sleep

Workshop

This workshop will provide information, advice and strategies for parents/carers of neurodivergent young people who struggle with their sleep.



Get a ticket here:

<https://www.eventbrite.co.uk/e/online-sleep-workshop-tickets-1998229114071?aff=oddtcreator>



5:30-7pm



Monday 28th September 2026

BARNARD'S

