

# 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/1991370344306?aff=oddtcreator>



5:30-7pm



Wednesday 22<sup>nd</sup> July 2026

**BARNARD'S**

