



**BRISTOL CHILD PARENT SUPPORT
AND STAND NORTH WALES CIC PRESENT AN
ONLINE PARENT WORKSHOP
For parents living in Flintshire**

**Gentle Sleep Workshop for Parents with Children
with Additional Needs and Disabilities**

**JOIN CATHERINE COULTER, A CLINICIAN WITH 33 YEARS OF EXPERIENCE IN
MENTAL HEALTH AND 25 YEARS IN CAMHS TO SHARE:**

- Some Simple Sleep Science and more.
- How to implement a consistent night-time routine.
- How to help children with Additional Needs and Disabilities sleep better.
- How to manage night-time fears and anxieties.
- Time for questions for your unique situation.

Date: Monday the 20th of June 2022

Time: 10.00 am-11.30 am with time for questions

Where: Via Zoom

Please contact Samantha for a booking form:

- **Email:** Samantha@standnw.org
- **Call:** 07570 583 842

Spaces are limited and booking is essential.