



Mental Health and Emotional Wellbeing  
Service for Children and Young People

# The Power of Sleep: A Workshop for Teenagers to Tackle Sleep Troubles

Is your teenager having difficulties  
with their sleep?  
Are they struggling to get to sleep?  
Do they often wake up during the night?

The CHUMS Family Wellbeing Team are offering a one-off virtual workshop which will provide strategies to overcome sleep difficulties. For Young People aged 13+ years (A separate sleep workshop is available for parents with children aged 4-12 years).

If your child is interested in attending this workshop, please contact us on the email address below by 30th September 2020 and provide the young person's name and a contact number. Please also state that you are interested in the 'Teenage Sleep Workshop'

[fwteam@chums.uk.com](mailto:fwteam@chums.uk.com)

The date and time of this workshop will be confirmed over email. Due to COVID-19 social distancing measures, this workshop will be delivered online.

**PLEASE NOTE: YOU MUST BE REGISTERED WITH A GP SURGERY IN CENTRAL BEDS OR BEDFORD BOROUGH TO ATTEND THIS WORKSHOP**

There are limited spaces for this workshop, please contact us ASAP to avoid disappointment.