



WELLBEING
IN MIND TEAM

Online Sleep Workshop

**Thursday 29th January
4pm-5pm**

This webinar is aimed at parents or young people needing support and advice

The webinar will focus on:

- Understanding the importance of a good nights sleep
- Advice on how to create positive sleeping habits
- Strategies to help you have a better nights sleep

Joining Information

To join our sleep workshop please scan the QR code and follow the instructions to join using Microsoft Teams. You can also join using the following details:

Meeting ID: 384 531 108 582 43
Passcode: 6Gy6jJ3f

If you have any issues logging on or any questions prior to the workshop please contact

teww.wimtwsa@nhs.net