

Free Online Workshop



CLAN Midland
COMMUNITY LINK & NETWORK

Understanding Sleep Workshop

This FREE 1-hour workshop discusses the importance of and challenges surrounding sleep for parents with children aged between 0-3 years. We explore sleep guidelines, stages of sleep in young children, navigating routines and sleep safety, and strategies to support parents who have children experiencing problems with sleep.

Date: Tuesday 19th October

Time: 7pm-8pm

Cost: Free



Visit <https://understanding-sleep-workshop.eventbrite.com.au> and complete the intake form to register for this workshop.

Participants should inform CLAN Midland if they no longer wish to attend an online workshop. Upon completing our workshops, participants will receive a free pack with information and resources about the topic discussed.

To keep up-to-date with upcoming CLAN Midland online workshops and programs, visit <https://clanmidlandprograms.eventbrite.com.au/>

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