



Simple Sleep Strategies

Parents/caregivers will learn strategies to help their child wind down for bedtime and fall asleep faster. Strategies to manage night awakenings and how to help your child fall asleep on their own will also be discussed.

Who should attend this session? Parents/caregivers of children/youth 0-18, experiencing challenges with sleep (getting their child to sleep, sleeping through the night, co-sleeping)

DATE:

September 20, 2019

TIME:

10:00 a.m. - 12:00 p.m.

LOCATION:

Zarfas Room
2 Surrey Place, Toronto

For more information, visit:

<https://www.surreyplace.ca/programs-services/education-and-training-wellness/>

email: wellness.registration@surreyplace.ca

To register: 1-833-575-KIDS (5437)

or visit: <https://www.eventbrite.ca/e/simple-sleep-strategies-tickets-61875768088>

Participants Must Register By: September 19, 2019.