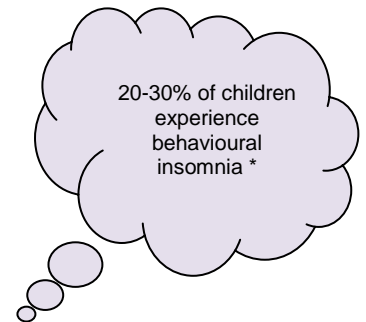


Whole Family Wellbeing

FREE Training Opportunity



- ✓ Do you work with children, young people and families who report sleep difficulties impacting on their life?
- ✓ Do you work in **voluntary sector, social work, education or health?**

Book your FREE training with Sleep Action today via links below

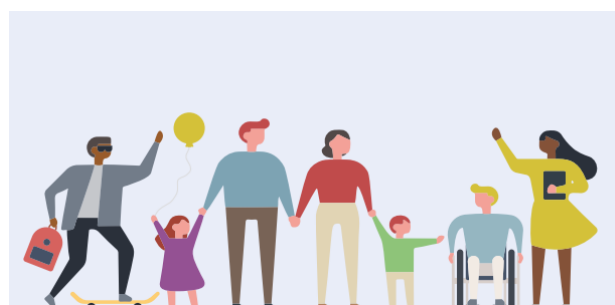
Course participants will learn about the physiology of sleep and behavioural approaches that they can then use to help and support families to establish and maintain a good night time routine.

Day 1 - 9.30am to 1pm**	Day 2 - 9.30am to 1pm**	Registration deadline	Registration Link
Thursday 22 nd August 2024	Thursday 29 th August 2024	8/8/2024	Course 1
Thursday 5 th September 2024	Thursday 12 th September 2024	22/8/2024	Course 2
Thursday 19 th September 2024	Thursday 26 th September 2024	5/9/2024	Course 3
Tuesday 1 st October 2024	Tuesday 8 th October 2024	17/9/2024	Course 4
Tuesday 15 th October 2024	Tuesday 22 nd October 2024	1/10/2024	Course 5
Thursday 17 th October 2024	Thursday 24 th October 2024	3/10/2024	Course 6
Monday 28 th October 2024	Monday 4 th November 2024	14/10/2024	Course 7
Wednesday 30 th October 2024	Wednesday 6 th November 2024	16/10/2024	Course 8
Monday 11 th November 2024	Monday 18 th November 2024	28/10/2024	Course 9
Tuesday 12 th November 2024	Tuesday 19 th November 2024	29/10/2024	Course 10
Tuesday 26 th November 2024	Tuesday 3 rd December 2024	12/11/2024	Course 11
Wednesday 11 th December 2024	Wednesday 18 th December 2024	27/11/2024	Course 12

***Staff who do not attend more than 95% of the specified course duration will not be issued a certificate by Sleep Action.*

After booking please direct all enquiries to: training@sleepaction.org

Further 2025 dates will be announced in due course



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