

Your Teen & Their Sleep

with Madeleine Connolly, Family Psychotherapist

ISPCC are delighted to bring to you a **FREE** webinar on **Sleep with Madeleine Connolly, Family Psychotherapist and Senior Psychiatric Social worker specialising in parenting and child and adolescent mental health and well-being.**

This webinar is for parents/ carers and practitioners and will focus on why sleep matters.

Key take aways on the night;

- **Understanding why sleep matters**
- **Recognising sleep issues**
- **Sleep strategies**

We look forward to seeing you there.

Register Now!

Date: Tue, Sep 24
Time: 7:00 PM - 8:00 PM
Venue: Online event

ISPCC

