



**ACL**

**FREE!**

# Sleep Workshop

## Online Live Course

We all need sleep to function. This one week workshop for Parents/carers will help you learn about the importance of sleep for wellbeing for young people and how you can support your children's sleep routine.

**Date: 17/03/2026    Time: 18:00 - 20:00**

Scan the QR code, or  
Visit our website  
[aclessex.com](https://aclessex.com) and type  
"SLEEP" or "HO2C43OL25"  
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