



ACL

FREE!

Sleep Workshop Online Live Course

For Parents, Carers & Grandparents

Join us for a 2-hour interactive workshop designed to help you understand:

- 🌙 The importance of sleep for young people's wellbeing
- 🧠 How sleep impacts mood, learning, and overall health
- 🏠 Practical strategies to support healthy sleep routines at home

Date: 9/01/2026

Time: 09:30 - 11:30

Scan the QR code, or Visit our website
aclessex.com and type "SLEEP" in the
'Find a course...' box



aclessex.com
0345 603 7635



Essex County Council