

Sleep Hygiene, Routine And Self Care Free Virtual Workshops for Parents/Carers

The Mental Health Support Team (MHST) at Hammersmith, Fulham, Ealing and Hounslow Mind are offering workshops throughout the academic year to support parents and carers.

Learn about the importance on sleep and routine on mental health.

- How to support yourself in creating a sleep routine
- How to implement routine in your day to day life
 - Tips for supporting self-care

This workshop will be delivered on the following days/times:

- Thursday 22nd October 2020, 10-11am
- Wednesday 9th December 2020, 1-2pm
- Thursday 11th February 2021, 11-12pm
 - Monday 29th March 2021, 1-2pm
 - Tuesday 25th May 2021, 10-11am
 - Wednesday 14th July 2021, 1-2pm

If you are interested in signing up to the workshop, please follow the link below:

<https://www.eventbrite.co.uk/e/sleep-hygiene-routine-self-care-virtual-workshop-for-parentscarers-tickets-122543650357>



Hammersmith, Fulham,
Ealing and Hounslow