



**Child & Adolescent Mental Health Service**  
**Virtual Workshops for Parents and Carers**

The following online workshop is now available to book on to, which will be delivered live and free of charge via Microsoft teams for parents and carers in Teesside.

**Sleep Workshop**  
**Wednesday 25<sup>th</sup> May, 10am-11:30m**

***Sleep:***

This workshop will provide an understanding of sleep cycles and importance of good sleep hygiene and routine. We will look at why sleep problems may occur for young people, possible causes and look at strategies to help your child develop good sleep habits.

To access the CAMHS parents and carers workshops, please contact:  
**[TEWV.CAMHS-Training@nhs.net](mailto:TEWV.CAMHS-Training@nhs.net)**

And provide the following information:

- Which workshop(s) you would like to access
- Your name
- Email address
- Which locality you live
- The school(s) your child(ren) attend
- Age(s) of your child(ren)

Please see our webpage  
**[www.TEWV.nhs.uk/CAMHSTraining](http://www.TEWV.nhs.uk/CAMHSTraining)**  
for more workshops becoming available!