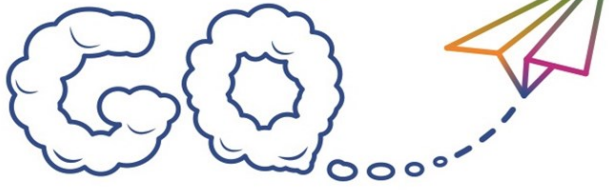


Compass



Helping you find your way to wellbeing
NEL Mental Health Support Teams

Free low mood and sleep hygiene workshop

What does low mood look like in your child and how is low mood maintained?

Tips to support your child with low mood

What are the benefits of a good nights sleep?

Top tips for promoting a good nights sleep

Friday 2nd October 2020 @ 10am-12:30pm
(via Microsoft Teams)

If you would like to attend **please book on by 01/10/20** by **emailing** the Compass GO email below to receive your invite.

Please Note: In order to access the workshop online you will need to have the Microsoft Teams app downloaded onto your smart device or laptop. Five minutes before the workshop is starting you can click on the link that will be sent to you in your confirmation of attendance email and this will take you to the workshop screen. There is no expectation for you to have your camera on during the workshop and if you have any questions you can turn your audio on or type in the chat.

For further information please contact us
on:
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