



NEL Mental Health Support Team

**Parent/carer and child (KS2 only) Sleep/ Worry
Workshop**

**Stanford Junior and Infant school
Friday 24th May 1.30pm - 3pm**

**Come join Compass go with your child for a joint workshop
where parents/carers and children can learn ways in
which to improve sleep and manage feelings of worry.
Places are limited- please book via Scopay .**