

**Cerebra Family Forum Coventry**

**TEENAGE SLEEP**

**Are you the parent or carer of a child aged 13-16 years who has a neurological condition (e.g. autism, ADHD, Down syndrome, cerebral palsy) or acquired brain injury? Are you experiencing sleep deprivation?**

**A forum to help young people, parents and carers gain a basic awareness of teenage sleep and good sleep practice.**

**After the forum another session or 1:1 session can be offered at the sleep clinic in November. For parents and carers who are interested in following a personalised sleep plan for their child.**

![C:\Users\charlotteh\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\OYMPR65P\MP900309636[1].jpg]() When: **Friday October 17th**

**** Time: **10.15 registration- Start at 10.30 finish 12.30**

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**Spaces are limited. If you would like to book a place contact Cerebra Regional Officer Charlotte Hobbs at** **CharlotteH@cerebra.org****.uk**

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Registered charity no. 1089812

Company no. 4336208

www.cerebra.org.uk

sleep@cerebra.org.uk

01267 244200