

# Sleep Drop Ins

Is your child or someone you work with (aged 5 – 18 years) struggling with sleep? Why not drop in and meet children's therapists to discuss what you can do to support? Learn more about strategies to support with phobias.

**Free resources to take home.**

**Venue: The Baltic Centre for Contemporary Art, Gateshead NE8 3BA**

**Date: Wednesday 4<sup>th</sup> December**

**Time: Professionals - 10:00 - 11:00    Parents/Carers – 11:00 – 12:00**

**Venue: Blaydon Primary Care Centre, Blaydon-on-Tyne NE21 5LS**

**Date: Thursday 5<sup>th</sup> December**

**Time: Professionals – 14:30 - 15:30    Parents/Carers – 15.30 – 16.30**

**Venue: Wrekenton Family Hub, Gateshead, NE9 7JR**

**Date: Friday 6<sup>th</sup> December**

**Time: Professionals – 9:30 – 10:30    Parents/Carers – 10:30 – 11:30**

**Venue: Christ Church Felling, Gateshead NE10 0HQ**

**Date: Wednesday 11<sup>th</sup> December**

**Time: Professionals – 10:00 – 11:00    Parents/Carers – 11:00 – 12:00**

**Venue: Winlaton Centre, Winlaton, Blaydon NE21 6BY**

**Date: Thursday 12<sup>th</sup> December**

**Time: Professionals – 9:30 – 10:30    Parents/Carers – 10:30 – 11:30**

**Venue: The Drop In, Dunston, Gateshead NE8 2QX**

**Date: Thursday 12<sup>th</sup> December**

**Time: Professionals – 09:00 – 10:00    Parents/Carers – 10:00 – 11:00**



# Sleep Drop Ins

Is your child or someone you work with (aged 5 – 18 years) struggling with sleep? Why not drop in and meet children's therapists to discuss what you can do to support? Learn more about strategies to support with phobias.

**Free resources to take home.**

**Venue: Central Library, Prince Consort Rd, Gateshead NE8 4LN**

**Date: Thursday 12<sup>th</sup> December**

**Time: Professionals - 14:30 - 15:30    Parents/Carers –15:30 – 16:30**

**Venue: Birtley Library, Durham Rd, Birtley, Chester-le-Street DH3 1LE**

**Date: Friday 13<sup>th</sup> December**

**Time: Professionals – 12:00 – 13:00    Parents/Carers – 13:00 – 14:00**

**Venue: Whickham Library, 9 Front St, NE16 4DN**

**Date: Monday 16<sup>th</sup> December**

**Time: Professionals – 14:30 – 15:30    Parents/Carers – 15:30 – 16:30**

