



A WORKSHOP FOR TIRED FAMILIES

presented by the Cornwall Mental Health Support Team

Sleep Wise – a short presentation by Hunrosa Sleep Consultants to help parents with sleep strategies for young people and families..

Tuesday 3 October 2023
10:00 - 11:30 am
Book [HERE](#) via Eventbrite

OR

Thursday 5 October 2023
16:00 - 17:30 pm
Book [HERE](#) via Eventbrite



Mental Health Support Team (MHST)