

Community Education Service

Sleep 101 for Teens and Parents

Presenter: Jennifer Ference, PhD, R. Psych

September 26, 2019

6:30 pm - 8:00 pm

Sign in: 6:15pm

Alberta Children's Hospital

Second Floor, B2-200

28 Oki Drive NW, Calgary, AB T3B 6A8

Session is FREE
of charge/
Parking fees
may apply

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955 - 4747

Is your teen tired all the time? Does he/she have sleep habits that you're pretty sure are not helping the situation? Not sure where to start? This session will focus on teens (13 years+) that struggle to obtain adequate, restful sleep. We will discuss the purpose of sleep and evidence-based sleep hygiene techniques helpful for setting up a foundation to obtain a better night's rest. We will also cover how to make it easier to fall asleep, stay asleep, and wake up rested.

Teens (13 years+) and Parents are welcome to attend.

Level I: This session presents an overview of sleep habits for teens and parents and would best meet the needs of families and/or professionals with little to no knowledge of, or experience, with this topic.

This session is presented by the Community Education Service of the Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services and in partnership with **AHS Sleep & Neurosciences Clinics.**