

Community Education Service



Improving emotional health and well being

Sleep Soundly

A workshop to support better sleep habits for teens and adults with autism

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Counting sheep not helping you or your family sleep? “The Sleep Workshop” will discuss common sleep challenges for teens and adults with autism and provide you with strategies to support healthy sleep habits. This workshop is intended for teens or adults with autism and those who support them.

FREE Webinar

Thursday, April 8, 2021
6:30 - 8:30 PM

[Register](#)

<https://community.hmhc.ca>