



resources for  
**autism**  
 resourcesforautism.org.uk

# GOOD SLEEP WORKSHOP

Improving sleep for autistic people and their families

We're hosting a monthly SLEEP workshop for parents & carers to promote good sleep for autistic children and young people in Birmingham and Solihull

The aim of a workshop is to give strategies to help improve sleep for the individual and the whole family. Workshops will be held either online or face to face at B29 7EL

If you are interested please fill in an [ENTRY FORM](#) or scan the QR code



If a workshop is not suitable, we would still like to hear from you. Please contact [kelly@resourcesforautism.org.uk](mailto:kelly@resourcesforautism.org.uk)

Landau's 'All Age Autism' project has enabled new autistic support services to be brought onto the market in Birmingham and Solihull, to enhance support and encourage innovation and creativity to reflect local issues and need. For more details on this and other projects please visit [www.aadirectory.co.uk](http://www.aadirectory.co.uk)



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