

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 4th 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 5th December

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

Venue: Wrekenton Family Hub, Gateshead, NE9 7JR

Date: Friday 6th December

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

Venue: Christ Church Felling, Gateshead NE10 0HQ

Date: Wednesday 11th December

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

Venue: Winlaton Centre, Winlaton, Blaydon NE21 6BY

Date: Thursday 12th December

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

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

Date: Thursday 12th December

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



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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.

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

Date: Thursday 12th December

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

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

Date: Monday 16th December

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

