



# Drumbeat Outreach

## **Parent Workshop**

### **Exploring Difficulties with Eating and Sleeping**

In this new workshop we will be exploring the difficulties many of our young people may have with the everyday life sustaining routines around eating and sleeping. Many neurodivergent individuals struggle in these areas and we will be considering why difficulties occur and looking at research based interventions and strategies that may help to establish and sustain good sleeping and eating habits. This session will be focused on young people aged 10 and over.

**Tuesday 9<sup>th</sup> July 2024 – 6pm-7.30pm**

**This session will be a webinar.**

Please email [outreach.admin@drumbeat.lewisham.sch.uk](mailto:outreach.admin@drumbeat.lewisham.sch.uk) or telephone 020 3143 1431 to reserve your place.



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