

Community Living Toronto & George Webster Elementary Present:

LUNCH AND LEARN SERIES

SLEEP HYGIENE

Learn how sleep impacts behaviour and daily routines, and explore practical strategies to support healthy sleep habits for children with intellectual disabilities. This session will cover common sleep challenges and ways to create consistent, supportive bedtime routines.



SCAN THE QR CODE
TO REGISTER FOR
ONLINE

THURSDAY, MAY 21ST
11:40 AM - 12:30 PM

Join Online on TEAMS OR In Person at
George Webster Elementary
50 Chapman Ave, East York, ON M4B 1C5

For In-Person Registration Contact
hannah.ertl@cltoronto.ca