



Comfort Connection Family Resource Center
Invites you to a Presentation:



Needing SLEEP? 🌙⭐

How to Improve Sleep for
Your Child and Yourself

Presentation by
Emily Varon, MS, BCBA
ACES Sleep Consultant

Always tired? Not getting enough sleep because of your child's difficult sleeping habits? This presentation will offer parents information on:

1. Average sleep needs of children, birth-18 years
2. Common sleep problems in children
3. Identifying your child's specific needs
4. Sleep-related behavior intervention and problem-solving
5. Question and Answer session

Wednesday, April 11, 2018

6:30 – 8:30 p.m.

Regional Center of Orange County

1525 N. Tustin Avenue

Santa Ana, California 92705

(Free parking is available in parking structure across the driveway.)

RSVP to Patricia Garcia at 714-558-5400 or pgarcia@rcocdd.com.

This presentation is offered at no cost.

Unfortunately, child care cannot be provided; please do NOT bring children.