



**Education Resources**  
Executive Director **Tony McDaid**  
**Inclusion Services**

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# *Sleep Clinic*

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Parents who wish to address their child's sleep problems are offered knowledge, strategies and support with a personalised programme to create good sleeping patterns and break bad habits, hopefully improving health and wellbeing for the family.

**Clinics are held at:**  
Youth Family Community Learning Base  
c/o Universal Connections  
13 St Vincent Place,  
Lanark ML11 7LA

To arrange an appointment please contact the sleep counsellors below.

Dian McFadden Lanarkshire Carers Centre 01698 428090

Marjory Donoghue Youth Family & Community Learning 01555 666091

