

- *Would you like to know more about why sleep is important for our health and emotional well-being?*
 - *Does your child struggle with their sleep?*
- *Would you like to access help and support to improve sleep and bedtime routines?*
 - *Would you like to meet other parents/carers to share and discuss experiences?*

SLEEP TIGHT WORKSHOP

**Starts on Monday 15th April 2024 from 9.30am to 11.30am
at Whitchurch Infants School, Station Road, SY13 1RJ**

**Starts Wednesday 17th April 2024 from 9.30am to 11.30am
Virtually via MS Teams**

**Starts Monday 10th June 2024 from 12.30pm to 2.30pm
at Bridgnorth Youth Centre**

**Starts Wednesday 12th June 2024 from 9.30am to 11.30am
Virtually via MS Teams**

The workshops are delivered virtually via MS Teams or face to face at a venue in Shropshire
Our workshops run for 5 weeks from the start date excluding the School Holidays.

To book a place on one of our workshops or for further information on the workshops we run please contact the Parenting Team by:

Emailing Parenting.team@shropshire.gov.uk

Or call us on 01743 250950

All our Workshops are free to Shropshire Council residents.

