

- *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 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.

