

- *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 support to help improve sleep and bedtime routines?*
 - *Would you like to meet other parents/carers to share and discuss experiences?*

SLEEP TIGHT WORKSHOP

The workshops are delivered virtually via MS Teams or face to face at a venue in Shrewsbury

Our workshop runs for 5 weeks from the start date excluding the School Holidays

Starts on Monday 25th September 2023 from 12.30pm to 2.30pm
Virtually Via Teams

Starts on Thursday 28th September 2023 from 12.30pm to 2.30pm
At Sunflower House, Kendal Road, Shrewsbury

Starts on Monday 13th November 2023 from 12.30pm to 2.30pm
Virtually via Ms Teams

Starts on Thursday 16th November 2023 from 12.30pm to 2.30pm
At Sunflower House, Kendal Road, Shrewsbury

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

