Shropshire Council

- *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 WORKSHOPS

Come and join us for a 5-week workshop

Starting on

Thursday 10th November 2022 Virtually via Ms Teams
from 9.30am to 11.30am
Or
Friday 11th November 2022 at Oswestry Castle View
from 9.30am to 11.30am

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