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 WORKSHOP

The workshop is delivered virtually via MS Teams
Our workshop runs for 5 weeks from the start date excluding the School Holidays

Starting on Thursday 2nd March 2023
from 12.30pm to 2.30pm

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