

- *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

Our workshops run for 5 weeks from the start date excluding the School Holidays.

Starts on Thursday 22nd February 2024

From 10.00am to 12.00pm

At Woodside Primary School

Gittin Street, Oswestry

SY11 1DT

To book a place on the 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

