

• 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 <u>Parenting.team@shropshire.gov.uk</u> Or call us on 01743 250950



www.shropshire.gov.uk General Enquiries: 0345 678 9000