

- *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**

Friday 23<sup>rd</sup> September 2022 Virtually via Ms Teams  
from 9.30am to 11.30am

Or

Thursday 10<sup>th</sup> November 2022 Virtually via Ms Teams  
From 9.30am to 11.30am

Or

Friday 11<sup>th</sup> 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](mailto:Parenting.team@shropshire.gov.uk)

Or call us on 01743 250950

