Thursday 22nd September 2022 at Market Drayton school from 9.30am to 11.30am



***S***

***LEEP TIGHT WORKSHOPS***

**Come and**

**join**

**us for a**

**5**

**-**

**week**

**workshop**

**Starting on**

Friday 23

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September

2022

Virtually via Ms Teams

from

9.30

am to

am

11.30

Or

Thursday 10

th

November

 Virtually

2022

via Ms Teams

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rom

9.30

am to

11.30

am

Or

Friday

11

th

November

2022

at Oswestry

Castle View

from

9.30

am to

11.30

am

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

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*Would you like to know more about why sleep is important for our health and*

*emotional well*

*-*

*being?*

o

*Does your child struggle with their sleep?*

o

*Would you like to access support to help improve sleep and bedtime routines?*

o

*Would you like to meet other parents/carers to share and*

o

*discuss experiences?*