

- *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 workshops are delivered virtually via MS Teams or face to face at a venue in Shrewsbury

Our workshop runs for 5 weeks from the start date excluding the School Holidays

**Starts on Monday 25<sup>th</sup> September 2023 from 12.30pm to 2.30pm**  
**Virtually Via MS Teams**

**Starts on Monday 13<sup>th</sup> November 2023 from 12.30pm to 2.30pm**  
**Virtually via MS Teams**

**Starts on Thursday 16<sup>th</sup> November 2023 from 12.30pm to 2.30pm**  
**At Sunflower House, Kendal Road, Shrewsbury**

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

