

- *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 help and support to improve sleep and bedtime routines?*
  - *Would you like to meet other parents/carers to share and discuss experiences?*

## ***SLEEP TIGHT WORKSHOP***

**Starts Wednesday 12<sup>th</sup> June 2024 from 9.30am to 11.30am**  
**Virtually via MS Teams**

The workshops are delivered virtually via MS Teams or face to face at a venue in Shropshire  
Our workshops run for 5 weeks from the start date excluding the School Holidays.

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

All our Workshops are free to Shropshire Council residents.

