***SLEEP TIGHT WORKSHOP***

**Starts**

**Wednesday**

**12**

**th**

**June**

**2024**

 **from**

**9.30**

**am 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.

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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*

*help and*

*support to improve sleep and bedtime*

*routines?*

o

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

*discuss experiences?*

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@s

hropshire.gov.uk

Or

call

us on

01743 2509

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All our

Workshops

are free to Shropshire Council residents.