

- *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***

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

**Starting on Wednesday 26<sup>th</sup> April 2023 from 12.30pm to 2.30pm  
at Sunflower House Hub, Kendal Road, Shrewsbury**

**Starting on Friday 28<sup>th</sup> April 2023 from 9.30am to 11.30am  
Virtually via MS Teams**

**Starting on Wednesday 14<sup>th</sup> June 2023 from 12.30pm to 2.30pm  
at Sunflower House Hub, Kendal Road, Shrewsbury**

**Starting on Friday 16<sup>th</sup> June 2023 from 9.30am to 11.30am  
Virtually via MS Teams**

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

