

- *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. All you need for the virtual groups is an email address and an electronic device, and we will talk you through the rest.

Our workshops run for 5 weeks from the start date excluding the School Holidays.

**Starts on Friday 12<sup>th</sup> January 2024 from 09.30am to 11.30am  
in Shrewsbury, venue to be confirmed.**

**Starts on Friday 12<sup>th</sup> January 2024 from 12.30pm to 2.30pm  
Virtually via MS Teams**

**Starts on Friday 23<sup>rd</sup> February 2024 from 9.30am to 11.30am  
in Shrewsbury, venue to be confirmed.**

**Starts Friday 23<sup>rd</sup> February 2024 from 12.30pm to 2.30pm  
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

