- 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

Come and Join us for a 5 week workshop

Starting on

Thursday 28th April 2022 in Shrewsbury from 10.00am to 12.00pm

Or

Friday 29th April 2022 in Shrewsbury from 10.00 to 12.00pm

Or

Thursday 16th June 2022 in Shrewsbury from 10.00 to 12.00pm

Or

Friday 17th June 2022 in Shrewsbury from 10.00 to 12.00pm

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 or
Telephone: 01743 250950