Shropshire Council

Sleep Tight Workshop

- 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 to improve sleep and bedtime routine?
- Would you like to meet other parents/carers to share and discuss experiences?

Delivered virtually, all you need is an email address and an electronic device. We'll talk you through the rest.

Starts on Friday 23rd April 2021
for 5-weeks
Time 10.00am to 11.00am

To book a place or for further information

please contact the

Parenting Team

Telephone: 01743 250950

Email: Parenting.team@shropshire.gov.uk