

Sleep Workshop

**A FREE 2-hour workshop for parents and carers
being held at:**

**Lighthorne Heath Children and Families Centre,
Stratford Road, CV33 9TW**

Monday 7th February 2022 12:30-2:30p.m.

Issues with sleep are common for children and young people and can have a huge impact on the quality of family life. This two-hour interactive workshop looks at the importance of sleep, understanding of sleep science, causes of sleep issues and strategies to help.

This workshop is suitable for parents/carers whose children are aged 1+ years



Limited places available

To book a place please email:

anneparker@warwickshire.gov.uk

michellewallace@warwickshire.gov.uk

or

visit: <https://www.eventbrite.co.uk/e/face-2-face-sleep-workshop-in-lighthorne-heath-stratford-area-tickets-241203114007>

Or scan the QR code on this poster.