

Sleep Workshop

A FREE 2-hour workshop for parents and carers

At Michael Drayton Junior School, CV10 0SZ

Thursday 25th January 2024 at 9:30-11:30

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

This session will be delivered by Warwickshire's parent programme facilitator who has been trained to a high standard by The National Sleep Charity.



Limited places. Please book your place by scanning QR code below or email ehparenttrainers@warwickshire.gov.uk for more information

