

Does your child struggle with their Sleep?

Free Sleep Tight Groups

Join us on one of our virtual or face-to-face groups which run for 5 weeks and:

- Find out why sleep is important for our health and emotional wellbeing
- Get support to help improve sleep and bedtime routines
- Meet other parents/carers to share and discuss experiences

Our next groups start:

Sleep Tight SEND Thursday 16th January 2025 from 9.30am to 11.30am
at Keystone Academy, Shrewsbury, SY3 8XQ

Sleep Tight Wednesday 22nd January 2025 from 12.45pm to 2.45pm
at Crowmoor Primary School, Shrewsbury, SY2 5JJ

Sleep Tight SEND Wednesday 5th March 2025 from 12.45pm to 2.45pm
Virtually Via MS Teams

Sleep Tight Thursday 6th March 2025 from 9.15am to 11.15am
Virtually via MS Teams

SEND groups are for parents/carers of children who might have special educational needs and disabilities, no formal diagnosis is needed to attend the groups.

To book a place email Parenting.team@shropshire.gov.uk or call 01743 250950

Find out
more here

