

# 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 16<sup>th</sup> January 2025 from 9.30am to 11.30am**  
at Keystone Academy, Shrewsbury, SY3 8XQ

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

**Sleep Tight SEND Wednesday 5<sup>th</sup> March 2025 from 12.45pm to 2.45pm**  
Virtually Via MS Teams

**Sleep Tight Thursday 6<sup>th</sup> 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](mailto:Parenting.team@shropshire.gov.uk) or call 01743 250950

Find out  
more here

