

SLEEP WORKSHOP

Supporting your child with sleep (2-hour workshop)

Visyon's Family and Community Wellbeing Team are pleased to offer a **Parent Carer Workshop** which will support you in understanding why your child may be struggling to sleep. We will explore the science of sleep and practical strategies to support sleep.

The Workshop is available to families of children **in reception and above** in **Cheshire East** and will be held at **Visyon in Congleton** for **face-to-face** delivery. If you would like to book a place, please contact

FamiliesandCommunitiesTeam@visyon.org.uk, who will contact you with further details.

Please state the workshop name and date in your email subject box and provide a contact number. Places are limited and will be allocated on a first come basis.

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Parent Carer Workshop

Monday 10th July at 10:30am – 12:30pm

Plus: One-to-one support with a sleep practitioner, arranged for a later convenient date.

