

## SLEEP WORKSHOPS

### Supporting your child with sleep

Visyon's Family and Community Wellbeing Team are pleased to offer a **Parent 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 Programme is available to families in **Cheshire East** and will be held at Visyon in Congleton for **face-to-face** delivery. If you would like to book a place on the Programme, please contact [rachel.roberts@visyon.org.uk](mailto:rachel.roberts@visyon.org.uk) who will contact you with further details. Places are limited and will be allocated on a first come basis.



### Parent Workshops – Sleep (2-hour workshop)

Tuesday 22<sup>nd</sup> March 2022 at 10:30am – 12:30pm

- The science of sleep and practical strategies plus tips and advice.
- One-to-one support arranged individually with a sleep practitioner.