



FREE SLEEP WORKSHOP

FOR PARENTS OF SPECIAL NEEDS CHILDREN

A FREE WORKSHOP WHICH WILL HELP YOU TO DEAL WITH SLEEP PROBLEMS. IT COVERS:

THE IMPORTANCE OF SLEEP, UNDERSTANDING SLEEP ISSUES, TOP TIPS AND PRACTICAL STRATEGIES

DATE: THURSDAY 8 MARCH, 10AM - 12PM

VENUE: BRAUNSTONE CIVIC CENTRE, KINGSWAY, LE3 2PP

TO BOOK YOUR FREE PLACE: [E:WESTMIDS.OFFICE@CONTACT.ORG.UK](mailto:E.WESTMIDS.OFFICE@CONTACT.ORG.UK) OR CALL 0121 274 0437



contact *For families with disabled children*

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).