



Sleep Support

for parents and carers

Knowsley parents and carers are invited to join the Together Trust for a free session on sleep followed by time to chat with a Specialist Sleep Practitioner

The session will take place at Maggie O'Neill Centre L36 8HT and is relevant for children aged 2-18 years:

Wed 6th March
10am-12

Maggie O'Neill Centre
L36 8HT

Session content

The session will include a presentation from a qualified Sleep Practitioner with tips and strategies followed by a Q&A session.

This initiative has been supported by Knowsley Council's Youth Community Fund and Short Breaks Small Grants Programme

togethertrust.org.uk

Registered charity number 209782

There is no charge but due to restriction on numbers, if you would like to attend, please email:
admintss@togethertrust.org.uk

Presented by
**The Together Trust's
Specialist Sleep Practitioners**