



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 Northwood Family Hub at the Pride Centre L33 5YP and is relevant for children aged 2-18 years:

Tuesday 5th March
10am-12

Northwood Family Hub
Pride Centre L33 5YP

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**