



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 on the following dates and times and is relevant for children aged 2-18 years:

Wednesday 07 February	Community Room Tesco Prescott 12-2pm
Wednesday 28 February	Community Room Tesco Prescott 11-1pm
Wednesday 13 March	Community Room Tesco Prescott 11-1pm
Wednesday 27 March	Community Room Tesco Prescott 11-1pm

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**