

Sleep Workshop for parents to help support their child

What:

Support to understand why your child may be struggling to sleep and practical strategies to help them sleep. Available for families of children in reception and above.

When:

Monday 11th March 2024 1:00pm -2:30pm

Where:

At Fellowship House, Park Road, Congleton, CW12 1DP



Email:

FamiliesandCommunitiesTeam@Visyon.org.uk Call: 01260 290000







Visit www.visyon.org.uk, or call 01260 290000, to learn more about how our charity supports children, young people and their families with mental health & emotional wellbeing across Cheshire East.