

Sleep Workshop



A 2-hour **FREE** workshop for parents and carers at:

Rugby Library and Information Centre, Little Elborow Street, Rugby CV21 3BZ

On Tuesday 24th Jan 2023 10:00 – 12:00

Issues with sleep are common for children and can have a huge impact on the quality of family life.

This two-hour interactive workshop for parents and carers looks at the importance of sleep, the science of sleep, possible causes of sleep issues and offers strategies to help.

To book a place scan QR code:



Any queries please contact ehparenttrainers@warwickshire.gov.uk