

Sleep Session

for parents

Parents of children aged 2-11 years who reside across **Bradford and Craven** districts are invited to join the Together Trust for an online group session to learn about issues which can affect sleep

Sessions will take place between
10:00am - 12.30pm on the following dates:

Wednesday 17 January 2024

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

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

If you would like to attend, please email your full name and preferred date to:

admintss@togethertrust.org.uk

A zoom link will be sent to attendees