

Does your child struggle with their sleep?

Free Sleep Tight Groups

Join us on one of our virtual or face-to-face groups and

- Find out why sleep is important for our health and emotional wellbeing
- Get support to help improve sleep and bedtime routines
- Meet other parents/carers to share and discuss experiences

SEND Group Tuesday 23rd September 2025 from 1.00pm to 3.00pm Virtually Via MS Teams

or

Group Wednesday 24th September 2025 from 9.30am to 11.30am Virtually via MS Teams

SEND groups are for parents/carers of children who might have special educational needs and disabilities, no formal diagnosis is needed to attend the groups.

To book a place email Parenting.team@shropshire.gov.uk or call 01743 250950

Find out
more here

