



# FREE SLEEP WORKSHOP

## FOR PARENTS OF SPECIAL NEEDS CHILDREN

A FREE WORKSHOP WHICH WILL HELP YOU TO DEAL WITH SLEEP PROBLEMS. IT COVERS:

**THE IMPORTANCE OF SLEEP, UNDERSTANDING SLEEP ISSUES, TOP TIPS AND PRACTICAL STRATEGIES**

**DATE: THURSDAY 7 FEBRUARY, 10.30AM-12.30PM**

**VENUE: VOLUNTARY ACTION LEICESTERSHIRE, 9 NEWARKE STREET, LEICESTER LE1 5SN. PAY FOR CAR PARK OPPOSITE: NEWARKE STREET CAR PARK**

**TO BOOK YOUR FREE PLACE: E:WESTMIDS.OFFICE@CONTACT.ORG.UK OR CALL 0121 274 0437**



**contact** *For families with disabled children*

Contact is a trading name of Contact a Family. Charity registered in England and Wales (284912) and Scotland (SC039169).