



the meeds  
**SEND** alliance

## Sleep workshop for families

**Where:** Woodlands Meed School

When: **5<sup>th</sup> March 2020**, 9.45am – 12.45pm, with a follow up workshop on **23<sup>rd</sup> April 2020**, 9.45am -12.45pm.

**Contact: To book a free place please email**

**[lorbett@woodlandsmeed.co.uk](mailto:lorbett@woodlandsmeed.co.uk)**

This workshop will give families the opportunity to identify sleep issues, explore the basic science around sleep, identify 1 focus area to tackle and empower you with solutions, as well as discussing other sources of support. This course is open to all families who are experiencing sleep issues. A maximum of 2 places per family are available.