



Calmer Nights Sleep Workshop

For many families with young children a good night's sleep can be a rare treat!

Join us to explore ways to improve both you and your child's sleep and to feel more confident about your family's routine.

For families of children aged 1-5 years

Wednesday 21st March 2018
10.00-12.00

with Shreena Ghelani from Growing Together

Hornsey Road Children's Centre, 8 Tiltman Place, N7 7EN



A FREE NHS WORKSHOP

**To book a place call:
020 7527 2005**

or register online:

<http://bit.ly/2jA7xW3>



NHS
Whittington Health
NHS Trust

**Growing
Together**
Support for Parents
and Young Children