

# Sleep Workshop



**A 3 week programme to support families to better understand  
and improve sleep routines**

**Venue: Online – Microsoft Teams**

**Dates: Wednesdays**

**6<sup>th</sup> & 13<sup>th</sup> & 20<sup>th</sup> March**

**7pm – 8.30pm**

Limited spaces available, to book a space please use the contact  
Sophie

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