



Thursday 23rd January 2020

Starts 10.00am to 12.00 noon

HELPING YOUR CHILD TO *Sleep Wise*

Booking is essential – to book a place

Email admin.penzance2@cornwall.gov.uk

Or Call **Julie Attwell Cook 01736 336909**



hunrosa
the art of sleep

NHS
Kernow
Clinical Commissioning Group

Sleep Wise



Together 
for Families

Would you like help
with your child's
sleep?

Are you tired stressed
& need help to make
the 'right' changes?

Benefit from practical
tips & learn more
about sleep

Help your child
achieve a good nights
sleep

Personalised mini
sleep plan

For parents who
have children with
additional needs

VENUE

Hayle Family Hub
Bodriggy Street
Hayle
Cornwall
TR27 4ND



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Together 
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