

Sleep Chat

for parents/carers

Parents/carers of children aged 2-11 years across **Bradford and Craven** districts are invited to have a 20 minute phone call with a qualified Sleep Practitioner to discuss any sleep issues their child may be experiencing

Sleep Chat sessions will take place on the following dates between 10-12am:

Tuesday	17 September	2024
Wednesday	02 October	2024
Tuesday	12 November	2024
Wednesday	04 December	2024
Thursday	16 January	2025
Tuesday	04 February	2025
Wednesday	05 March	2025
Wednesday	23 April	2025
Thursday	15 May	2025
Tuesday	03 June	2025
Thursday	03 July	2025
Friday	08 August	2025

If you would like to speak to someone, please email your full name, contact number and preferred date to:

admintss@togethertrust.org.uk

You will receive an email to confirm your allocated phone slot and the practitioner will call you

Presented by
**The Together Trust's
Specialist Sleep Practitioners**