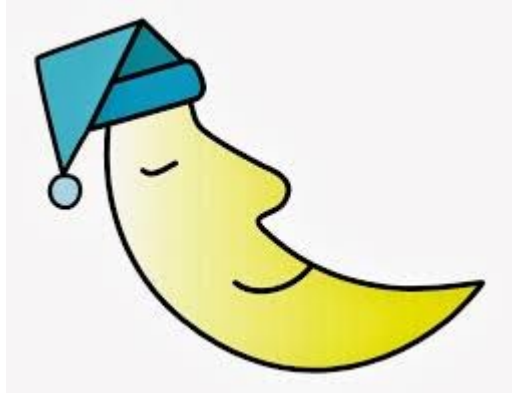


# Sleep Tight Programme



Claire Hynes will be delivering the 5 week Sleep Tight Programme for parents/carers at Langley School. This will be via Microsoft TEAMS, the sessions will be interactive and all 5 sessions will need to be attended in order to complete the course and receive a certificate. The Sleep Tight Programme is a behavioural approach to sleep, for more information please visit [www.thesleepcharity.org.uk](http://www.thesleepcharity.org.uk)

All sessions will run between 9.45am -10.45am.

Wednesday 10th March

Wednesday 24th March

Wednesday 31st March

Wednesday 21st April

Wednesday 28th April

If you would like to attend please book your place by email [c.hynes@langley.bham.sch.uk](mailto:c.hynes@langley.bham.sch.uk), no later than 3pm on Monday 8th March (Please note that during the TEAMS session your email will be visible to all participants)