



THURSDAY 29 MAY
1:30PM -3:30PM

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

Come and join us!

Meet other parents explore ways to improve both your and your child's sleep and to **feel more confident** about your family's routine.

Click the link below to buy tickets or scan the QR code to visit our [Eventbrite Page](#).



Free NHS Workshop

LOCATION

Conewood Children's
Centre

Creche Available

For parents with
children aged **1-5**
years and parents who
live or have a **GP** in
Islington

DETAILS:

Address:

14 Conewood St,
London N5 1DL

**For further
information please
call Rosan McCall
on: 020 3316 1824**