



SLEEP Pop Up Session



**Does your child suffer from sleep problems?
Do you want to access support to help to improve
bedtime?**

**Join us at our Sleep Pop Up Session
No booking needed.**



**Date 24th June
Time 9:30am - 12pm
At Stainforth Family Hub**

**Date 1st July
Time 9:30am - 12pm
At Central Family Hub**



**Date 8th July
Time 9:30am - 12pm
At Askern Family Hub**

**Date 15th July
Time 9:30am - 12pm
At Mexborough Family Hub**

The sessions will be delivered by practitioners trained
by
The Sleep Charity

Our pop up sessions will be a chance to ask any
questions about your child's sleep and receive some
practical support.

Speak to the practitioner about the upcoming sleep
workshops, you can attend.



Find out more:

WWW.YOURLIFEDONCASTER.CO.UK/FAMILY-HUBS



City of
Doncaster
Council