

Parent Support For Your Child's Sleep Concerns

Is your child having difficulty going to bed or falling asleep?

Are you concerned about the amount or quality of sleep for your child?

Are you having difficulty getting your child to sleep in his/her own bed?

You are not alone!!



Join us for information sharing, guest speakers and peer support.

3rd Tuesday of the month

John Tod Early Years Centre

6:00-7:30pm

*Child minding available
(1-12 years, pre-registration required)*

For more info:

Lorna Sevigny

*Children's Therapy & Family
Resource Centre*

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