

# FRONT LINE FAMILIES

In the aftermath of the COVID-19 pandemic, Frontline Families are providing events designed to meet the needs of families of disabled children and adults who have a range of support needs. See all events on our webpage.

[bit.ly/FLFweb](https://bit.ly/FLFweb)

Or scan QR code →



## SLEEP

Shona is one of our Local Champions and is also a Sleep Practitioner – in this sessions she will take us through tips & strategies for healthy sleep patterns. We all know if we have enough sleep we are more able to deal with the daily issues.

**Time: 10.30 – 12.30**

**Date: Wednesday 11<sup>h</sup> May 2022**

**Place: via Zoom/Teams online**

Register:

Contact Dawn Rooke [dawnrooke58@outlook.com](mailto:dawnrooke58@outlook.com)

or book online: [bit.ly/FLF0001](https://bit.ly/FLF0001)

Frontline Families is a **partnership** of organisations who work with families of disabled children and adults who have a range of support needs.

