

## **THE SLEEP LAB FOR TIRED PARENTS AND CRANKY KIDS**

Quality sleep is crucial to rising well-functioning children. Join us for an evening of helpful, easy to implement parenting tools that will help you get your child to go to sleep, stay asleep and sleep independently.

Place: **Everyday Parenting Solutions** at  
Canterbury Community Nursery School  
601 Parham Road,  
Richmond 23229

Date: October 23, 2017

Time : 6:30 to 8 pm.

Fee : \$15 per person

To register, Contact Canterbury at 741-4118