



Sleep Groups

FOR PARENTS AND CARERS

Do you need information regarding sleep and settling?

www.health.act.gov.au/MACH

WOMEN, YOUTH & CHILDREN COMMUNITY HEALTH PROGRAMS

The Maternal & Child Health nursing service invites you to a sleep information session.

The three age specific sessions are:

- 3–8 months
- 9–18 months
- 19–36 months

To book, please telephone
Community Health Intake on **6207 9977**
Monday to Friday 8.00 am–5.00 pm