

# Helping Baby Sleep Through the Night!

## A Free Workshop for Parents

Are your child's sleeping difficulties making it hard to be at your best? Join us for a workshop on helping babies and young children sleep through the night. Learn about what to expect regarding children's sleep issues at different stages in development... And look forward to getting more sleep yourself! Taught by Karen Friedland-Brown of Parents Place.



Wednesday, September 27<sup>th</sup>, 6 – 7:30

Our Second Home – 725 Price Street

RSVP to Nely at (650) 301-3300.

Free Child Care and Snacks

RSVP to Nely Martinez at (650) 301-3300



Our Second Home  
725 Price Street  
Daly City, CA 94014  
(650) 301-3300  
[www.oursecondhome.org](http://www.oursecondhome.org)

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