



Home Link Family Support

# Sleep Advice Sessions

Online sessions available to Edinburgh and  
Midlothian families with children in the early years

Parents and carers are invited to book a time to join us  
over zoom to speak to a trained advisor and counsellor  
for advice



For more info or to book a time slot please contact Cat at  
[Catriona.p@home linkfamily support.org](mailto:Catriona.p@home linkfamily support.org) or 07594327484

[www.home linkfamily support.org](http://www.home linkfamily support.org)

Scottish Charity No. SC001360



EDINBURGH  
THE CITY OF SCOTLAND'S CAPITAL



Midlothian Volunteer Team of the Year 2015