

SLEEP WELL

Dealing with Insomnia Group

Facilitated by psychologists Sally-Anne McCormack and Jenny Corran



A 4-week program introducing a variety of strategies and techniques in dealing with insomnia. Throughout the program, the focus of the group will be learning ways to develop more helpful sleep patterns.

Dates: 4 weeks commencing Wednesday February 6th
(until February 27th inclusive)

Times: 7.30pm – 9.00pm Wednesday evenings

Location: Psychrespect
323 Blackburn Road, Burwood East, VIC 3151
(accessible by public transport – ample parking available)

Contact Details: Jenny (03) 9802 7765 / 0414 978 114
Sally-Anne (03) 8812 2373 / 0403 438 176

Cost: \$40 per session (Partial rebates may be available through Medicare** or Private Health Insurance (Extras) for eligible people)

*** Clients may access rebates for Medicare for this group after consultation with their GP. Please contact us for further information on how to organise this.*