

medicare

Mental Health Centre
Canberra

No cost

Light refreshments
will be provided.

Insomnia Group Program

Canberra Medicare Mental Health Centre's Insomnia Group Program is designed for individuals facing sleep issues such as:

- Difficulty falling and staying asleep;
- Dissatisfaction with sleep quantity or quality; and
- Early morning waking with difficulty returning to sleep.

The group sessions are designed to teach you proven strategies for tackling your symptoms and show you how to work with your thoughts, emotions and behaviours, so you can improve your sleep and make a positive change in how you feel.

This group has been developed in collaboration with This Way Up. Their Insomnia Program has been adapted, with permission, for the purposes of this group.



Connect



Create



Engage



Belong

This group runs for 1.5 hours once a week for 6 weeks during school terms only. Sessions take place 5.15–6.45pm.

All participants must be 18 years and over and need to complete an IAR with the Intake team prior to registration.

To express your interest in attending this group, please email:
hello@thinkmh.com.au or call 1800 595 212

Canberra Medicare Mental Health Centre,
Shop G7 (Ground Floor), 14 Childers Street
(At the corner of Childers and Allsop Street)
Canberra City ACT 2601.

1800 595 212

hello@thinkmh.com.au

Canberra Medicare Mental Health Centre
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