



Sleep and Insomnia Workshop

This workshop will benefit Health and Social Service Professionals who provide counselling. Students welcome.

This workshop will cover:

- The formal definitions of insomnia
- Physical and psychological effects of insomnia
- Strategies to help with insomnia
- Ideas and strategies to cope with shift work

Facilitator: Dianne Rickman, Womens Health & Family Services

Dianne has a nursing background and is a psychologist who has worked at WHFS for 30 years in the counselling program. She is currently clinical supervisor. She has extensive experience working with women who have had trauma in their lives, either as children – childhood sexual assault, violence in their family of origin and attachment difficulties- or as adults.

To Book: <https://www.trybooking.com/BNQXJ>



womens health
& family services

Sleep and Insomnia Workshop

Tuesday
23 March 2021

1.30pm - 4.00pm

227 Newcastle St,
Northbridge

Cost: \$50
\$40 Members
\$35 Students

Womens Health &
Family Services
www.whfs.org.au

For more information:
bookings@whfs.org.au or
call 6330 5400