

Where and when?

South Park Surgery

South Park, Sevenoaks
TN13 1ED



Starting: the group starts on
Monday 19th November 2018
and will run from 6.30-7.30pm

How long for?

4 consecutive weeks

How often?

Every 4 weeks

With who?

Fran Redmore (Senior Psychological Wellbeing Practitioner) & **Hayley Dewsall** (Trainee Psychological Wellbeing Practitioner)

Referral for the group can be made by:

Calling Thinkaction on
03000 12 0012

Going online at:

<https://www.thinkaction.org.uk/online-self-referral/>

Or via the GP

Please indicate that you would like to attend the sleep workshop on the referral.



For more information or questions please contact Thinkaction on 03000 12 0012

Sleep Hygiene Course

A psycho-education course consisting of four 1 hour workshops focusing on sleep hygiene and CBT techniques to improve your sleep

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TALKING THERAPIES

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