



REFUGIO MÜNCHEN

COUNSELING AND TREATMENT CENTER
FOR REFUGEES



STARS –

**SLEEP TRAINING
ADAPTED FOR REFUGEES**

Group offer to deal with
sleep disorders for women

WHO CAN JOIN IN?

- > Women with sleep disorders of any kind (e.g. difficulty falling asleep or sleeping through the night, nightmares, night-time anxiety, etc.)
- > Origin: Sub-Saharan African, English-speaking
- > Age: between 16 and 35 years
- > Willingness to participate regularly in the group meetings

HOW DOES IT WORK?

- > Group with 6-7 participants in English with 2 therapists
- > 10 weekly appointments
- > 1,5 hours per appointment
- > Scientific support: detailed diagnostics before and after group participation

REGISTRATION AND FURTHER INFORMATION:

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