

REFUGIO
MÜNCHEN

COUNSELING AND TREATMENT CENTER
FOR REFUGEES



new target group

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: African, English-speaking countries
- > Age: between 16 and 35 years
- > Willingness to participate regularly in the group meetings
- > Participation possible in the morning until approx. 2 pm (duration 90 min)

HOW DOES IT WORK?

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

REGISTRATION AND FURTHER INFORMATION:

Britta Dumser, M.Sc.

📞 089/98 29 57 - 12

✉️ britta.dumser@refugio-muenchen.de