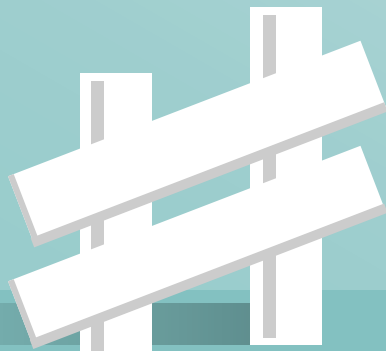


COUNTING SHEEP

WHAT'S SO HARD ABOUT GOING TO SLEEP?



I'm still awake!!

What is it about sleep?
Elusive when you want it;
happening when you don't.

Presented by Nick Grainger

Friday 28 June 2013

Taking us away from our everyday world, sleep is a mysterious thing. While its healing power is recognised worldwide, many children and young people continue to miss their daily dose. This seminar will explore the underlying causes of sleep difficulties, while providing practical strategies that will support the sleeping patterns of your child or young person. Sleep isn't as easy as just closing your eyes; but it doesn't have to be much harder than that either.

Skill Bite Objectives:

- To learn about the benefits and necessity of healthy sleep patterns
- To explore what is considered healthy sleep
- To understand the factors that limit healthy sleep
- To understand the role that trauma experiences can have on sleep
- To explore the underlying causes of sleep difficulties
- To learn practical strategies to assist in developing healthy sleeping patterns

Suitable Audience:

- Carers and workers from foster, permanent, residential, adoptive & kinship care
- Family service workers • Child protection workers • Mental health professionals
- Youth Justice • Teachers / teacher's aide • Student welfare /wellbeing professionals

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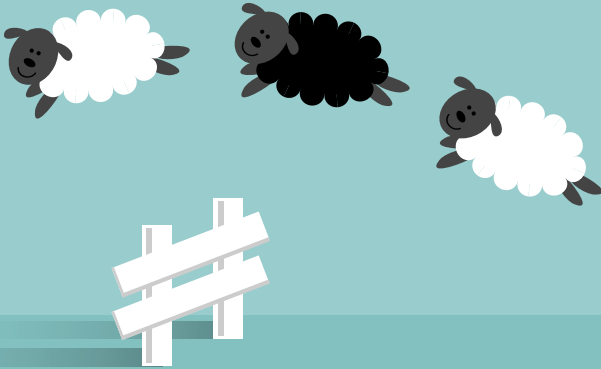


Nick Grainger has a 10 year background of working with children, young people and families within the out of home care sector. Nick has considerable experience working with vulnerable and high-risk young people in residential and educational settings and is recognised for his calm and compassionate approach. Nick has a particular interest in the educating and skilling of people and has continued to work in the education sector as a facilitator and directly with schools regarding the effects of trauma. Nick also has extensive management experience in the not-for-profit sector, overseeing re-structuring of residential care, adolescent community placement and lead tenant programs.



COUNTING SHEEP

WHAT'S SO HARD ABOUT GOING TO SLEEP?



Friday, 28 June 2013

9.30am
Registration

10am - 1pm
Workshop

VENUE
Edgar Lynch Training
& Meeting Rooms
3 St David Street
Fitzroy 3065

COST
Workers: \$100+GST
Carers / Full-time Students: \$85+GST

Refreshments, morning tea
& notes provided

PAYMENT OPTIONS

- Cheques/Money Orders made payable to "Australian Childhood Trauma Group"
- Electronic direct deposit to: "Australian Childhood Trauma Group" BSB: 083 218 Account: 519 963 647
- Credit Card / EFTPOS available on the day

Please provide remittance

RSVP

By Friday 21 June 2013. Please register via our website (preferred) or complete registration form and post/fax.

Cancellations must be received no later than 5pm, Friday 21 June 2013.

Places are limited so please register early to avoid missing out!

Buy 5 tickets and get your 6th ticket FREE*. Buy 10 tickets and get your 11th, 12th & 13th tickets FREE*

* This offer is only redeemable by contacting ACT Group office on (03) 9415 6066 & tickets must be purchased on the same occasion in one transaction. See website for full terms and conditions

Complete this form for manual registration

Agency:

Program:

Contact Person:

Contact Number:

Email:

Mailing Address:

(Please provide billing contact details if different from agency details provided above)

Name & Email Address of Each Participant:

PARTICIPANT NAME	EMAIL ADDRESS	CARER / WORKER

- Participants will receive a letter of confirmation via email upon receipt of payment
- Please advise of any special requirements e.g dietary
- Receipts can be provided upon request

Seminar Enquiries and Registrations to:
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