South Eastern Sydney
Recovery & Wellbeing College

Course Information Sheet

Getting a Good Night's Sleep

Date: **Tuesday 17 November 2026**
Time: **10:00am to 1:00pm**
Venue: **Recovery & Wellbeing College**
Unit 2, Ground Floor, Kirk Place
15 Kensington Street Kogarah 2217

Many people have problems sleeping. People with lived experience of mental distress and those who live with or care for them may have their sleep disrupted.

This interactive course will explore the nature of sleep, the relationship between mental health and sleep, and offer practical strategies for getting a good night's sleep.

To enrol please visit our website: www.seslhd.health.nsw.gov.au/recovery-wellbeing-college



Photo in Unsplash





For more information please contact the Recovery & Wellbeing College Team

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