



Woolwich Counselling Centre Presents...

Cognitive Behaviour Therapy (CBT) for Insomnia

Virtual Adult Group—No Cost



This psycho-educational group will introduce Cognitive Behaviour Therapy for Insomnia (CBT-I), an evidence-based approach that can help you identify and replace thoughts and behaviors that cause or worsen sleep problems with habits that promote sound sleep.

Strategies will be introduced to help improve sleep including healthy lifestyle choices, anxiety management, relaxation techniques, as well as stimulus control and sleep restriction measures.

Feb 2, 9, 16, 23, Mar 2 & 9, 2021

6:30-7:30 pm

**Please call 519-669-8651
or email: info@woolwichcounselling.org
for more information or to register.**