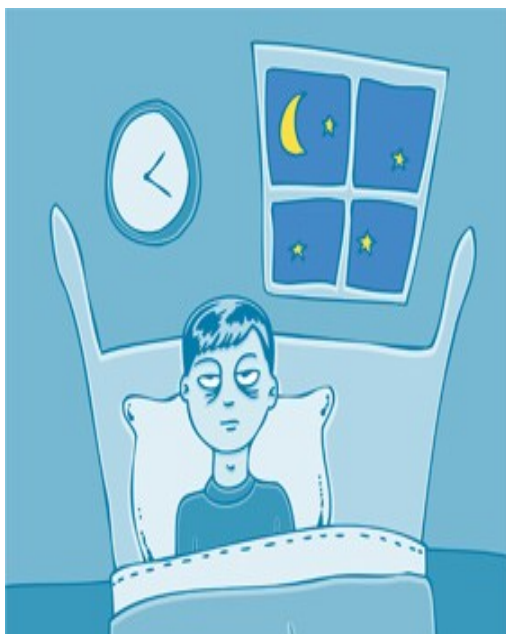




Woolwich Counselling Centre Presents...

# Sleep Hygiene for Getting A Restful Sleep

Virtual Adult Workshop—No Cost



Struggling getting a  
good night's sleep?

Learn how Cognitive Be-  
havior Therapy (CBT)  
Can help you cope with  
sleep problems.

**January 19, 2021**

**7:00-8:00 pm**

You can log in anonymously by changing your name,  
and no need to come on camera. We are here to protect  
your privacy while offering support.

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