

**WOOLWICH
COUNSELLING
CENTRE
PRESENTS**

COGNITIVE BEHAVIOUR THERAPY (CBT) FOR INSOMNIA ADULT GROUP

No cost, virtual group

This psycho-educational therapy 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.

**TUESDAYS, FEB. 8, 15, 22,
MAR. 1, 8, 15 2022
6:30-8 PM**

LEARN MORE AND REGISTER:



519-669-8651



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