

WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS

# SLEEP HYGIENE: CBT STRATEGIES FOR A RESTFUL SLEEP

## ADULT WORKSHOP

**No cost, virtual workshop**

Struggling to get a good night's sleep?

Learn how Cognitive Behavior Therapy (CBT) can help you cope with sleep problems.

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**TUESDAY, JAN. 25 2022**

**7-8 PM**

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**LEARN MORE AND REGISTER:**



519-669-8651



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