

**WOOLWICH  
COUNSELLING  
CENTRE  
PRESENTS**

# **COGNITIVE BEHAVIOUR THERAPY (CBT) FOR INSOMNIA ADULT GROUP**

## **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.

**FEE\*: \$150**

\*Further subsidies  
available if needed.

---

**TUESDAYS, FEB. 7, 14, 21, 28  
MAR. 7, 14 2023**

**6:30-8 PM**

---

**LEARN MORE AND REGISTER:**



**519-669-8651**



**INFO@WOOLWICHCOUNSELLING.ORG**



**65 MEMORIAL AVE, ELMIRA**



**FOLLOW US**

---

