

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.

TUESDAY, JAN. 24 2023

7-8 PM

LEARN MORE AND REGISTER:



519-669-8651



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