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London  
InterCommunity  
Health Centre

# SLEEP THERAPY GROUP (CBT-I)

Facilitated by: Social Workers  
Eric Hummel and Meaghan Bolack

ONGOING REGISTRATION  
DATE AND TIME TBD

This free, four -week group introduces Cognitive Behavioural Therapy for Insomnia (CBT-I).

This group will discuss cognitive behavioural strategies to allow biological sleep processes to operate without inference.

## INDIVIDUAL ASSESSMENT

To determine if this program is right for you, interested clients will be invited for an assessment. Clients who meet the criteria will be invited to register for the group.

### Week 1

Introduction to Sleep

### Week 2

Reconnecting Your Bed with Sleep

### Week 3

Consolidating Your Sleep

### Week 4

Relaxing Your Mind and Body

## MAIN COMPONENTS

- Sleep Restriction Therapy
- Stimulus Control Therapy
- Cognitive Restructuring
- Relaxation Techniques

## CONTACT US

London InterCommunity  
Health Centre - Argyle Location

1700 Dundas Street, Unit 1



FOR PROVIDERS: Referrals  
accepted by fax:  
519-642-1532



*\*use QR code above for self referrals\**