

# 7 Weeks to Better Sleep

*Are you struggling to fall asleep or stay asleep most nights? Do you wake up feeling overly tired?*

*Did you know that anxiety, depression, trauma, pain and many other conditions can interfere with your sleep?*

*If you think you might be experiencing insomnia and you are willing to try some new ways to improve your sleep then our Better Sleep group is for you.*

*This is an educational program that will cover the following topics: sleep education, how to keep a sleep diary, healthy sleep practices, understanding the impact of thoughts on sleep, managing racing night time thoughts, restructuring day-time thoughts and relaxation strategies.*

**We will meet on a biweekly basis starting Tuesday May 16<sup>th</sup>, 2017 at 10am to 12pm.**

Individualized phone coaching will occur between group meetings.

Where: South Georgian Bay Community Health Centre, 14 Ramblewood Drive, Unit 202, Wasaga Beach

How: Contact Amanda Jordan, MSW, RSW  
@ 705-422-0900 ext 134 or  
amanda.jordan@sgbchc.ca

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