



Cognitive Behavioural Therapy for Insomnia

**Six, weekly group sessions
Offered in Fall, Winter, and Spring
Virtual and in-person offerings available**

**CBT FOR INSOMNIA IS AN APPROACH THAT
COMBINES COGNITIVE AND BEHAVIOURAL
STRATEGIES TO IMPROVE YOUR QUALITY OF
SLEEP**

***PLEASE NOTE THAT THOSE WITH UNTREATED SLEEP APENIA ARE
NOT ELIGIBLE TO PARTICIPATE***

This group includes:

- A one-on-one intake phone call
- Six, weekly group educational sessions
- Daily sleep tracking
- A one-on-one session after week 5 with a “sleep prescription.”
- A one-on-one follow-up session to review sleep progress and challenges

**SPEAK TO YOUR TADDLE CREEK FHT PROVIDER FOR A
REFERRAL AND ACTIVATE THE REFERRAL BY CALLING
416-260-1315 EXT. 0. YOU WILL BE PLACED ON THE
WAITLIST AND CONTACTED BY A GROUP FACILITATOR
WHEN THE NEXT GROUP IS RUNNING**