



Taddle Creek
Family Health Team

MENTAL HEALTH PROGRAM PRESENTS
**CBT-INSOMNIA
CAFE**

APRIL 11, 2025 **1:00-3:00 PM**

Registration opens March 3, 2025

AUGUST 22, 2025 **1:00-3:00 PM**

Registration opens July 14, 2025

DECEMBER 12, 2025 **1:00-3:00 PM**

Registration opens November 3, 2025

EVENT DETAILS

This is an in-person workshop for people who have completed the CBT-Insomnia Group at Taddle Creek FHT.

The CBT-I Cafe provides a chance to connect with others who struggle with insomnia, share ideas and coping strategies, and brush up on CBT-I strategies.

The CBT-I Cafe combines both peer-support and psycho-education by the facilitators.

To register, call 416-260-1315 ext. 0

This is a first come, first serve in-person workshop. You may only register for one workshop at a time and cannot register before the registration date noted above for each workshop.

BROUGHT TO YOU BY
Alyna Walji, Social Worker
Marlie Standen, Social Worker

LOCATION
790 Bay St. Suite 306
Toronto, ON M5G 1N8