



*Taddle Creek*  
Family Health Team

---

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

---

**AUGUST 13, 2026**

**1:00-3:00 PM**

Registration opens July 13th

**DECEMBER 11, 2026**

**1:00-3:00 PM**

Registration opens November 4<sup>th</sup>

---

**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.

---

**LOCATION**

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