

# INSOMNIA TREATMENT PROGRAM

**What:** A 6-session virtual program that teaches you how to implement Cognitive Behaviour Therapy (CBT) skills to manage chronic insomnia. The program is facilitated by Dr. Dee Gavric, a registered clinical psychologist.

**When:** Mondays from 5:30-7:00pm starting on February 5, 2024.

**Where:** The program will happen virtually via Zoom.

**For Who:** Adults who experience chronic difficulties falling asleep/waking up often/waking up early. Open to residents of ON.

**Cost:** The total cost of the insomnia program is \$920. Most private insurance plans will cover all/part of the fees.

**How to Get Started:** The first step is to speak with us on the phone to discuss your concerns. If you are interested in moving forward we will arrange the initial assessment to ensure the program is a good fit for you (90 minute appointment).

**For more information or to enroll please contact us:**

**Phone: 226-686-0848 ext. 3**

**Email: [info@waterloocbt.ca](mailto:info@waterloocbt.ca)**

**Website: [www.waterloocbt.ca](http://www.waterloocbt.ca)**

