



Do You Need Better Sleep?

Are you having a hard time sleeping? Do you want to sleep better in general? Cognitive Behavioral Therapy for Insomnia (CBTi) is considered to be the best treatment for people who have a hard time sleeping. This group will teach you how to sleep better and stress less about sleep.

When: Thursdays from September 30, 2021 - November 18, 2021
10:00-11:00am

Where: This group will take place via telehealth; Zoom accessibility is required. Please contact Meaghan McFadden at (802) 489-7529 or Matt Perret at (802) 540-8779 for more information.

This group is open to patients of CHCB. Group rules include respect for the confidentiality and individuality of each member. We are there to help each other.

We accept most insurance including Medicaid. If you are uninsured, please check with our Patient Support staff to see if you qualify for our Sliding-Fee Scale or other financial assistance programs. The full-service fee for this group is \$70.

Behavioral Health
Services



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