



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 program will teach you how to sleep better and stress less about sleep.

Please contact Meaghan McFadden at (802) 489-7529 or Matt Perret at (802) 540-8779 for more information.

This program is open to patients of Community Health Centers.

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.

Mental Health
Services



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