



Peel Psychology & Therapy Centre

Healthy Sleep Workshop

(Based on Cognitive Behaviour Therapy
for Insomnia)

Workshop includes 4 meetings on
Tuesdays 5:30-7pm
November 2, 9, 16, 23 (2021)
Up to 6 participants

Payment: \$400, workbook included
Payment may be reimbursed by extended health
benefits. Limited reduced fee spots available.

To register for a free intake appointment or for
more information, please contact:

info@peelpsychology.com
or 905-670-0334

