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Centre for Psychology

Helping you overcome daily challenges



Sleep Difficulties: CBT Course

Learn Cognitive-Behavioural techniques to manage and overcome sleep difficulties through a course funded by the NHS



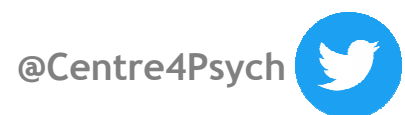
Next group:
Start: **Thursday**
14th January 2021
Time: **2-4pm**
Duration: **4 weeks**
Location: **Online**

Contact us if you are interested:

Email: groups@centreforpsychology.co.uk Call: 01372 610650



Centre for Psychology



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