

SLEEP DIFFICULTIES: CBT COURSE

This 4-week course will help you learn Cognitive Behavioural techniques to manage and overcome sleep difficulties.



This course is run by a therapist from Centre for Psychology, via StarLeaf (not Zoom). You will be given a link every week to access the session and won't need to download any application. To be eligible for the course, you will need to be assessed by Centre for Psychology and not be receiving other CBT or counselling. You will first need to register with MFT by 4 January 2021. Your details will then be passed on to Centre for Psychology who will conduct a telephone assessment.

Starting Thursday 14 January 2pm to 4pm

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first by calling: 01372 375400, text 07929 024722, or email info@maryfrancestrust.org.uk or visit www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing