



Sleep More Soundly

-Cognitive Behavioral Skills for Insomnia-

A 6-week group-based Cognitive Behavioral treatment for insomnia

The group teaches skills to help with:

- Difficulty falling asleep
- Difficulty staying asleep
- Restless or unsatisfying sleep
- Difficulty “turning your mind off” at night

WHEN: Wednesdays 6:00– 7:30 pm, January 31-March 7, 2018

WHO: Adults 18+

WHERE: The Harris Center - University of Kentucky
644 Maxwelton Court, Lexington, KY 40508

COST: \$90 (reduced fee available – based on income or need)

CALL NOW TO RESERVE YOUR SPOT—SPACE IS LIMITED!
(859) 257-6853 or email: HarrisPSC@gmail.com



The Harris Center

Jesse G. Harris, Jr. Psychological Services Center

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