

# GET BETTER SLEEP GROUP

Guided by Nine Circles Community Health Centre's  
Mental Health Therapists Rosa and Sandra.

## Session dates:

**In-person:** October 11, 2022 at 3:30pm-5:00pm  
Location: 705 Broadway in office, pizza and bus ticket  
provided.

**Online:** October 12, 2022 4:30-6:00pm virtual  
over Zoom (link provided upon registration)

## To register, please contact:

Rosa: 204-940-6023

