

# 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 slice 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

