



Waterloo Wellington
Self-Management Program

Your Journey to Balanced Living



The Sleep Workshop

Simple, Proven CBT-I Strategies That Work

Interested in learning how Cognitive Behavioural Therapy for Insomnia (CBT-I) can support better sleep?

This 90-minute workshop introduces participants to CBT-I, the leading evidence-based approach for improving sleep. You'll learn how sleep works, what can get in the way of healthy sleep, and practical CBT-I strategies that can help support better sleep habits.

In this workshop, you will learn:

- How sleep works and why it matters
- The five key components of CBT-I
- How habits and routines can affect sleep
- Strategies such as stimulus control and sleep consolidation
- How thoughts, feelings, and stress can influence sleep
- Practical approaches that support healthy sleep patterns
- When it may be helpful to seek additional support

Facilitated by: Julie Murray,
Registered Social Worker (RSW)
with training in CBT-I

UPCOMING WORKSHOP

Thursday

November 19, 2026

6:30pm- 8:00pm

This program is being held virtually on Zoom. You must provide a valid email address to register. Spaces are limited.

Please note that this is a highly interactive workshop.

For more information or to register, visit wwwselfmanagement.ca or call 1-866-337-3318

Family members and caregivers are welcome to register and attend.

Have you taken “Better Sleep” before?

This workshop offers a different perspective on sleep by introducing CBT-I concepts and strategies. It can help you build on what you learned in Better Sleep and deepen your understanding of how thoughts, behaviours, routines, and sleep work together.