

Improve your sleep

Community Counseling Program
Sleep Enhancement Group



Discover new sleep enhancement techniques.

2 interactive classes – 90 minutes each to address current sleep concerns.

Class is taught by a licensed professional and will address common sleep difficulties.

TOPICS COVERED:

- The difference between sleep disturbance and insomnia
- The "rules of sleep"
- Myths about sleep
- Healthy sleep hygiene tips to increase quality and quantity of sleep
- Relaxation skills

To enroll in this group, please contact the Community Counseling Center, call: 910-451-2864.

mccslejeune-newriver.com/counseling

MARINE & Family

Our Mission is You!

Sponsored by:

BRINN MARR
HOSPITAL

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