

DO YOU HAVE TROUBLE SLEEPING?

SOMNE PROGRAM

INSOMNIA WORKSHOP



VIRTUAL

Don't let insomnia control your life and learn techniques to reclaim your sleep



Thursdays 6-8pm

Hosted by bilingual psychotherapist Paula Lauer

6 Weekly classes and 3 follow ups. Limited spaces.

*Facilitated in Spanish, but also available in English if there is enough interest.

For more information and to sign up contact Paula Lauer at:
paulal@sierramentalwellness.org **530-581-4054**



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