



Managing Mental Health for Better Sleep

This is a 10 week group for ages 18+ focused on learning about sleep and gaining skills to improve quality of sleep. The goal of this group is to help control sleep disturbances including difficulty falling and staying asleep. Participants will be able to:

- Understand and improve sleep patterns
- Increase knowledge of barriers to sleep and how to manage them
- Gain a better understanding of how mental disorders impact sleep
- Improve the use of positive coping skills to increase symptom management
- Monitor sleep to identify progress

Only Medicaid insurance is accepted. Participants must be committed for the duration of the 10 week program in order to gain the knowledge for long lasting benefits. The tentative start date is January, 2025 on Wednesdays from 3:30-4:30pm in person.

Facilitated by: Madeline Ruehl, M.A.
Please call 847-952-7460 for more information



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