



Do You Need Better Sleep?

Are you having a hard time sleeping? Do you want to sleep better in general? Cognitive Behavioral Therapy for Insomnia (CBTi) is considered to be the best treatment for people who have a hard time sleeping. This program will teach you how to sleep better and stress less about sleep.

Our next CBTi group will begin Tuesday, January 7, 2025. The group will run from 11:30am - 12:30pm for seven weeks via Teams virtual meeting. Please contact Meaghan McFadden at (802) 264-8123 to learn more. She will schedule an assessment to determine if the group is right for you.

This program is open to patients of Community Health Centers.

We accept most insurance including Medicaid. If you are uninsured, please check with our Patient Support staff to see if you qualify for our Sliding-Fee Scale or other financial assistance programs. For billing-related questions, please call (802) 264-8126.

Mental Health
Services



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