

OUTLASTING THE PANDEMIC: MENTAL HEALTH SKILLS WORKSHOP

WORKSHOP #1
CAN'T SLEEP; TIRED BUT WIRED

FOR MANY THE PANDEMIC HAS CREATED
SLEEP CONCERNS AND OUR SLEEP
EXPERT WILL TEACH WAYS TO MANAGE
SLEEP HYGIENE.

APRIL 13 @ 3PM
MEETING ID: 940 9225 5108

FACILITATED BY SEIKO RYAN, MS-LMHC



UNIVERSITY of WASHINGTON
COUNSELING CENTER