

SLEEP RESET SUPPORT GROUP

Building Healthier Sleep Patterns After Cancer

with Kayo Matsumoto, MS, LMFT



TIME & PLACE:

6 IN-PERSON WEDNESDAYS

OCTOBER 7TH - NOVEMBER 11TH 12:00PM TO 1:30PM

**CANCER SUPPORT COMMUNITY
VALLEY/VENTURA/SANTA BARBARA
4195 E. THOUSAND OAKS BLVD., #107
WESTLAKE VILLAGE, CA 91362**

NO COST TO PEOPLE IMPACTED BY CANCER

Sleep Reset is a six-week support group for cancer survivors experiencing ongoing sleep difficulties. Using a Cognitive Behavioral Therapy for Insomnia (CBT-I)-informed approach, participants will learn evidence-based strategies to improve sleep habits and address thoughts, behaviors, and routines that may interfere with sleep.

Sessions combine education, practical CBT-I strategies, discussion, and peer support. Participants will have opportunities to practice skills between sessions, build healthier sleep patterns, and gain confidence in managing sleep difficulties while connecting with others who understand the challenges of sleep after cancer.

PLEASE EMAIL PROGRAMS@CANCERSUPPORTVVSb.ORG TO JOIN THIS GROUP.



Facilitator:

Kayo Matsumoto is the Program & Clinical Director at Cancer Support Community VVSb and a licensed Marriage and Family Therapist with over 15 years of experience in psychosocial oncology. She has provided individual counseling and facilitated support groups for people affected by brain tumors, breast and gynecologic cancers, as well as MBSR and family support groups.