

Dr. Sarah Adams, MD, MSc, FRCPC (psychiatry)

Evidence-Based Education & Treatment: CBT-Insomnia and ADHD Skills

OPTION A: Live Interactive Workshops

MSP covered

- Format: 6-Week Live Zoom Series
- Eligibility: BC Residents, 18+
- Cost: Covered by MSP and \$45 Reg Fee
- Requires: Completed Physician Referral Form (see below)

OPTION B: Self-paced Online Courses

Accessible now

- Format: On-demand Video Modules
- Eligibility: Across Canada
- Cost: Private Pay (not MSP covered)
- Benefit: No Waitlist. Solo Learning
- Physician Referral Form Not Required

Learn more at drsarahadams.com

Physician Referral Form

For Live Zoom Programs (MSP)

- Select:** CBT-Insomnia Workshop
 ADHD Executive Functioning Workshop

Patient Name: _____

PHN: _____

Date of Birth: _____

Phone: _____

Email (required for referral): _____

Referring Physician Name: _____

Billing Number: _____

Clinic Phone: _____

Clinic Fax: _____

For Self-Paced Courses



Scan for instant access.

Doctor's referral not
required

drsarahadams.com

Send referrals & questions to our fax 1-778-309-7926, or email: info@drsarahadams.com