

MIND HUB

COURSES & PROGRAMS

ACT MINDFULNESS

Mind Hub City

This 8 week group program combines the concept of mindfulness of living in the present moment with ACT – Acceptance and Commitment Therapy. This involves developing acceptance of unwanted thoughts and feelings which are out of your control and increasing commitment and action towards living a valued life despite these symptoms.

Program provides:

- Skills to deal with painful thoughts and feelings effectively
- A reminder of the importance to live by your values
- An increased ability to relax and cope with stressful situations
- Improved self-esteem and change unwanted behaviours

Program details:

- Location: Mind Hub City – Level 1 /175 Collins St
- Commencing: Wednesday 24th October – 12th December 2018
- Time: 1.30 – 4.30pm
- Facilitator: Jenny Kyng *Nurse & Counsellor*

How to join:

If you're interested in attending you will need to discuss this with your Psychiatrist who can provide a referral. More information can be provided by the program staff.

How much does it cost?

Costs can usually be claimed via your health fund. In some circumstances, you may incur an out-of-pocket expense. Administration staff can review your private health arrangement and inform you if this is the case.

For registration and further information please call 6247 9960 or email: info@thehobartclinic.com.au

GP referral and private health insurance is required.

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