

MIND HUB

COURSES & PROGRAMS

ALCOHOL AND DRUG TREATMENT

Eastern Shore Clinic

The Alcohol and Drug treatment group is a 10 week rotating program for those who experience problematic alcohol or drug use.

Program provides:

- Targeted techniques for changing alcohol or drug use behavior.
- Strategies on maintaining motivation, dealing with cravings and relapse.
- Techniques on managing emotions, mindfulness and self-care.

The program can be joined at the beginning of each month. Participants are required to commit to attending the full 10 week program.

Program details:

- Location: Eastern Shore Clinic, 31 Chipmans Rd, Rokeby
- When: Tuesdays 9.30am – 2.00pm

Facilitators:

Dr Aneliese Poorter (*Clinical Psychologist*) & Dr Nicole AitKelifa (*Psychiatrist*)

How to join:

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

How much does it cost?

Costs are usually covered by your private health fund or DVA. 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. Medicare referrals accepted under a Mental Health Plan

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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