



THE
HOBART
CLINIC

Excellence in Mental Health



Anxiety Management

The anxiety management group is a 9 week treatment program that teaches effective strategies for managing anxiety, particularly in social situations.

Program covers:

- Treatment based on a Cognitive Behavioural Therapy (CBT) approach to manage unhelpful thinking
- An understanding of the physical aspects of anxiety including addressing specific elements such as managing panic, worry and being judged by others
- Home practise tasks that focus on applying the skills learnt in the group such as gentle exposure therapy
- An introduction to Mindfulness techniques to manage anxiety

Program details:

Where: Eastern Shore Clinic
31 Chipmans Road, Rokeby

When: Starts Wednesday 16th June
9.30 – 10.30 Yoga (optional extra)
11.00 – 2.30 (includes lunch)

How much does it cost?

Costs are usually covered by your private 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.

How to join:

If you are interested in attending, please discuss this with your treating doctor who can provide a referral. More information can be provided by the MindHub staff.

For registration and further information contact call 6247 9960 or info@thehobartclinic.com.au GP referral and private health insurance is required.

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