

# MIND HUB

## COURSES & PROGRAMS

### BALANCING BIPOLAR DISORDER

Eastern Shore Clinic

This 7 week program is designed for people experiencing Bipolar who want to understand the illness and learn how to manage it more effectively.

*Program covering topics including -:*

- What is Bipolar Disorder and how is it diagnosed?
- Identifying, assessing and monitoring stressors and triggers
- Treatment approaches including medication
- The role genetics play
- The creative side of Bipolar
- Managing Bipolar from mania to depressive symptoms
- Relapse prevention
- Group discussion where you learn from each other

*Program details:*

- Location: Eastern Shore Clinic, 31 Chipmans Rd, Rokeby
- Commencing: Friday 11<sup>th</sup> May – 22<sup>nd</sup> June 2018
- Time: 10am – 12.30 pm - Program  
12.30 – 1.30 pm - *lunch*  
1.30 – 2.00pm – *Relaxation*

*Facilitators*

Dr Michael Davie - *Consultant Psychiatrist* and Isabel Hoysted - *Psychologist*

*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 program staff.

*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.

For registration and further information please call 6247 9960 or email: [info@thehobartclinic.com.au](mailto:info@thehobartclinic.com.au)

**GP referral and private health insurance is required.**

EASTERN SHORE  
31 Chipmans Road  
Rokeby TAS 7019

CITY  
Level 1/175 Collins St  
Hobart TAS 7000

T 03 6247 9960 | F 03 6247 6439

E [admissions@thehobartclinic.com.au](mailto:admissions@thehobartclinic.com.au) [www.thehobartclinic.com.au](http://www.thehobartclinic.com.au)

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