

# MIND HUB

## COURSES & PROGRAMS

### CREATIVE ART

Eastern Shore Clinic

This group program uses the creative aspects of art as a way of improving mental and emotional well-being. No artistic talent is required to join this group.

#### *Program provides:*

- An opportunity to engage in a range of activities that allow for creative and imaginative expression.
- A flexible environment where group participants are at all levels of ability and can progress at their own pace.
- Mediums include paints with oils and watercolours, pen and pencil and creating zentangles.

This program is flexible in nature and can be joined at any time. Come for a minimum of 3 hours on any day or stay longer

#### *Program details:*

- Location: Eastern Shore Clinic, 31 Chipmans Rd, Rokeby
- Days & times: Tuesdays 1.00 – 5.00pm  
Thursdays 11.30am – 3.00pm  
Saturdays 1.30 – 5.00pm

#### *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. 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.**

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CITY  
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Hobart TAS 7000

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