

# MIND HUB

## COURSES & PROGRAMS

### LIVING WELL STAYING WELL

Eastern Shore Clinic

This recovery group program is designed to support people who are dealing with a range of mental health difficulties.

*Program provides:*

- Peer support and an opportunity to work towards improving overall mental and emotional wellbeing.
- A number of topics throughout the year including dealing with anxiety & depression, managing stress, & chronic pain

This program is flexible in nature and can be joined at any time.

*Program details:*

- Location: Eastern Shore Clinic, 31 Chipmans Rd, Rokeby
- Facilitator: David Buchanan
  
- Days and times: Mondays 10.00 - 2pm *Relaxation session @ 1.15*  
Wednesdays 11.30am – 2.15pm *Yoga 10am – 11am*  
(Morning or afternoon tea and lunch included)

*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 mental 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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