

MIND HUB

COURSES & PROGRAMS

MIND YOUR MIND

Eastern Shore Clinic

This group program focuses on learning new strategies and developing skills to assist in managing anxiety, depression and other mental health issues.

Program provides:

- An opportunity to learn and practice skills to improve mental and emotional wellbeing.
- An increased appreciation of the different psychological strategies used in the treatment of mental health issues.
- A supportive environment to share experiences.

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

Program details:

- Location: Eastern Shore Clinic, 31 Chipmans Rd, Rokeby
- Days and times: Thursdays 9.30 - 2.00 pm (*includes meditation, morning tea, lunch and relaxation*)
- Facilitator: Anna Dimsey *Clinical 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 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

GP referral and private health insurance is required.

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