

# MIND HUB

## COURSES & PROGRAMS

### MOOD MANAGEMENT

Mind Hub City

This 8 week group program is designed for people experiencing a mood disorder. It is a psycho-educational and skills based program designed to help overcome depressive symptoms and improve well-being.

#### *Program provides:*

- An increased understanding of the impact of depression
- A focus on increasing activity, routines, and healthy habits to manage depression
- Identifying the role of thoughts in maintaining depression
- Relapse prevention skills

#### *Program details:*

- Location: City Clinic, Level 1/175 Collins St, Hobart
- Commencing: Monday 12<sup>th</sup> November – 17<sup>th</sup> December 2018
- Times: 9.30am – 2.30 pm

#### *Facilitator:*

Anna Dimsey *Clinical Psychologist*

#### *How to join:*

If you're interested in attending, you will need to discuss this with your Psychiatrist 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. DVA clients covered.

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  
Roakeby 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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