

January - May 2021

EASTERN SHORE - 31 Chipmans Road, Rokeby

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Mind Your Mind (ongoing) 9:30 AM - 12.30	Alcohol & Drug Treatment & Recovery Program (ongoing) 9.30 - 12.30pm	Creative Art (ongoing) 9.30 - 12.30PM	Wise & Well (ongoing) 10:00AM - 1:00PM	Mind Your Mind (ongoing) 9:30 AM - 12.30	Creative Art (ongoing) 1:00PM - 4.30PM
Creative Writing (ongoing) 1.15 - 4.15PM	Young At Heart (ongoing) 10.00 AM - 3.00PM	M.O.V.E Pain Program 8 weeks 9.30 - 12.30pm <i>Starts 3rd March</i>	Dialectical Behaviour Therapy (DBT) 9.30 - 12.30 pm		
	Creative Art (ongoing) 1:00PM - 4.30PM				

Due to social distancing requirements there are limits on numbers in groups. Please register for a group and notify us if you cannot attend.

Please note: Ongoing groups can be joined at any time. Days and times of programs may be subject to change, please check the website www.thehobartclinic.com.au



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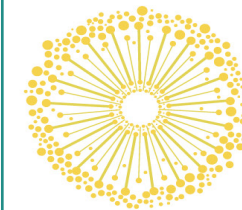
January - May 2021

MIND HUB - Level 1 / 175 Collins Street Hobart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mood Management 6 weeks <i>Starts 23rd February</i> 1.00pm - 4.00pm	Thrive - Women's Group (ongoing) 9.30am - 2.30pm	Creative Art (ongoing) 10.30am - 3.30pm		
	Dialectical Behaviour Therapy (DBT) 10.00am - 1.00pm	Dialectical Behaviour Therapy (DBT) 9.30 - 12.30pm	Anxiety Management 9 Weeks <i>Starts 11th February</i> 10.00 - 1.00pm	Balancing Bipolar 8 Weeks May TBA	
	ACT for Depression & Anxiety 6 Weeks <i>Starts 20th April</i> 10.00 - 1.00pm		Think Feel Act (CBT) 5 weeks <i>Starts 22nd April</i> 10.00 - 1.00pm		
	Creative Art skills development group 8 Weeks 9th February 5.00- 8.00pm		Mindfulness Based Relapse Prevention 6 Weeks 8th April 5.00 - 8.00pm		

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