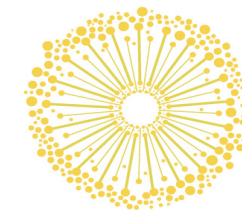


May - September 2021

EASTERN SHORE – 31 Chipmans Road, Rokeby

Monday	Tuesday	Wednesday	Thursday	Friday
Mind Your Mind (ongoing) 9:30 am– 2.00pm	Alcohol & Drug Treatment & Recovery Program (ongoing) 9.30am – 12.30pm	Creative Art (ongoing) 9.30am – 12.30pm	Wise & Well (ongoing) 10:00am – 1:00pm	Mind Your Mind (ongoing) 9:30 am – 12.30pm
Creative Writing (ongoing) 1.15am – 4.15PM	Young At Heart (ongoing) 10.00am – 3.00pm	Anxiety Management 9 weeks 9.30am – 2.30pm <i>(includes optional Yoga)</i> <i>Starts 16th June</i>	Dialectical Behaviour Therapy (DBT) 9.30am – 12.30 pm	
	Creative Art (ongoing) 1:00pm – 4.30pm	M.O.V.E Manage & Overcome Pain 8 weeks 9.30am – 12.30pm <i>Starts 25th August</i>		

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



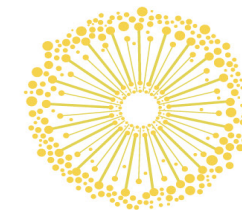
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May - September 2021

MIND HUB – Level 1 / 175 Collins Street Hobart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ACT for Depression & Anxiety 6 weeks 10.00am – 1.00pm <i>Starts 13th July</i>	Thrive – Women’s Group (ongoing) 9.30am – 2.30pm	Creative Art (ongoing) 10.30am – 3.30pm	Balancing Bipolar 8 Weeks 9.30 am– 12.30pm <i>Starts 18th June</i>	
	Dialectical Behaviour Therapy (DBT) 10.00am – 1.00pm	Dialectical Behaviour Therapy (DBT) 9.30am– 12.30pm	Mood Management 6 weeks 10.00am – 1.00pm <i>Starts 15th July</i>		
	Managing Emotions 6 Weeks 1.15pm – 4.15pm <i>Starts 24th August</i>		Alcohol & Drug Treatment 8 weeks 5.15pm – 8.15pm <i>Starts 26th August</i>		
	Communicating Confidently 8 Weeks 10.00am – 1.00pm <i>Starts 21st September</i>				

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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