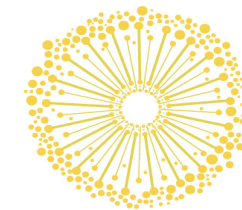


September - December 2021

EASTERN SHORE – 31 Chipmans Road, Rokeby

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 – 2.00pm	
Creative Writing (ongoing) 1.15am – 4.15pm	Young At Heart (ongoing) 10.00am – 3.00pm	Living Well Staying Well <i>10.00 am – 1.00pm</i> <i>Starts 13th October</i> <i>(optional Yoga available 9.30 – 10.30)</i>	Dialectical Behaviour Therapy (DBT) 9.30am – 12.30 pm		
	Creative Art (ongoing) 1:00pm – 4.30pm				

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

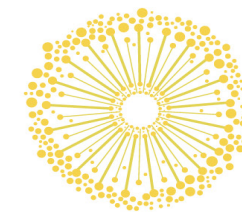


THE
HOBART
CLINIC
Excellence in Mental Health

September- December 2021

MIND HUB – Level 1 / 175 Collins Street Hobart

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Managing Emotions 6 Weeks 10.00am – 1.00pm <i>Starts 14th September</i>	Thrive – Women’s Group (ongoing) 9.30am – 2.30pm	Creative Art (ongoing) 10.30am – 3.30pm	Balancing Bipolar 8 Weeks 10.00am – 1.00pm <i>Starts 29th October</i>	
	Communicating Confidently 6 Weeks 10.00am – 1.00pm <i>Starts 9th November</i>	Dialectical Behaviour Therapy (DBT) 9.30am– 12.30pm	Anxiety Management 8 weeks 10.00am – 1.00pm <i>Starts 28th October</i>		
	After Hours Creative Art - Drawing Group (ongoing) 5.00pm – 8.00pm <i>Starts 12th October</i>		ACT for Depression & Anxiety 8 weeks 5.15pm – 8.15pm <i>Starts 28th October</i>		



THE
**HOBART
 CLINIC**
Excellence in Mental Health

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