



THE
HOBART
CLINIC

Excellence in Mental Health

Alcohol & Drug Treatment

The Alcohol and Drug treatment group is a 10 week rotating program for those who experience problematic alcohol or drug use.

Program provides:

- Targeted techniques for changing alcohol or drug use behaviour
- Strategies on maintaining motivation, dealing with cravings and relapse
- Techniques on managing emotions, mindfulness and self-care

The program can be joined at any time. Participants are required to commit to attending the full 10 week program.

Program details:

Where: Eastern Shore Clinic
31 Chipmans Road, Rokeby

When: Tuesdays 9:30am - 12:30pm

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.

How to join:

If you are interested in attending, please discuss this with your treating doctor who can provide a referral. More information can be provided by the MindHub staff.

For registration and further information contact call 6247 9960 or info@thehobartclinic.com.au GP referral and private health insurance is required.

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