



THE  
HOBART  
CLINIC

*Excellence in Mental Health*

# Creative Wellbeing

**Creative writing and photography groups can contribute to recovery for people with mental health difficulties. Creative therapies share a focus on developing meaning, identity, confidence and resilience. Involvement in this program may help you to express and process emotions in a therapeutic way, to interact and build connections with others and to have fun learning new skills.**

**You may participate in a half-day or full-day program, choosing sessions from the schedule below:**

## 9.30 - 10.30am **Creative Writing**

Susan Austin, Occupational Therapist, will lead participants in easy creative writing exercises - both individual and fun collaborative. No previous writing experience is necessary and the focus is on the process.

## 10.30 - 11am **Morning Tea**

11am - 12.15pm Option of:

**A. Yoga** with Jackie Graham, Yoga Teacher

**B. Poetry with** Susan Austin. Participants can bring along poems that they have written to share with the group, or published poems written by others that they have read and enjoyed. Susan will contribute poems of a certain theme or form and provide optional writing opportunities inspired by these.

## 12.30 - 1.15pm **Lunch**

## 1.15 - 2.30pm **Mindful Photography** with David Willans

Mindful Photography will engage people in photography as a therapeutic and creative process, using any equipment they have, including SLR's, compact cameras and mobile phones. No photographic experience is required. Each week we will explore a different aspect of photography and will then put these ideas into practice and see the results.

## **Program details:**

**Where:** Eastern Shore Clinic  
31 Chipmans Road, Rokeby

**When:** Mondays 9.30am - 3.00pm

**Morning tea and lunch included**

---

## **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](mailto:info@thehobartclinic.com.au)  
GP referral and private health insurance is required.**

---

**City:** Level 1, 175 Collins St, Hobart TAS 7000  
**Eastern Shore:** 31 Chipmans Rd, Rokeby TAS 7019  
P. (03) 6247 9960 F: (03) 6247 6439  
E. [info@thehobartclinic.com.au](mailto:info@thehobartclinic.com.au)  
[www.thehobartclinic.com.au](http://www.thehobartclinic.com.au)