



THE
HOBART
CLINIC

Excellence in Mental Health



Living with Anxiety

This program introduces strategies for managing the physical symptoms of anxiety as well as learning skills to deal with worry, uncertainty, and change.

Program covers:

- An opportunity to learn skills to reduce anxiety and to live fully with anxiety present
- New ways to deal with worry and uncertainty
- Mindfulness skills through weekly Yoga or relaxation

The group runs for 10 sessions. It is flexible in nature and can be joined at any stage. Participants are encouraged to complete the full 10-week program. It is available in either a half or full day option.

Full day 9.30am - 2.00pm

includes Yoga session, group, lunch, and relaxation

Half day option (a) 9.30am - 12.30pm

includes Yoga and group

Half day option (b) 11am - 2.00pm

includes Group, lunch, and relaxation

Program details:

Where: Eastern Shore Clinic
31 Chipmans Road, Rokeby

When: Wednesday commencing
14th October, 2020

9.30am - 10.30am Yoga

11.00am - 12.30pm
Session facilitated by
psychologist

12.30pm - 1.30pm Lunch

1.30pm - 2.00pm
Relaxation Class

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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