



THE
HOBART
CLINIC

Excellence in Mental Health

Mind your Mind

This group program focuses on learning new strategies and developing skills to assist in managing anxiety, depression and other mental health issues.

Program provides:

- An opportunity to learn and practise skills to improve mental and emotional well being
- A supportive environment to share experiences
- A focus on specific psychological strategies for treating mental health issues

This program is flexible in nature and can be joined at any time.

Program details:

Where: Eastern Shore Clinic
31 Chipmans Road, Rokeby

When: Monday & Fridays
9.30am - 2pm

Includes meditation, morning tea, lunch and relaxation

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.

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
www.thehobartclinic.com.au