



THE  
HOBART  
CLINIC

*Excellence in Mental Health*

# Alcohol & Drug Treatment and Recovery

**The Alcohol and Drug treatment and recovery program is designed for those who experience problematic alcohol or drug use. The group aims to assist individuals to reduce the personal and social harm associated with substance use and addictive behaviour.**

Program provides:

- Targeted techniques for changing alcohol or drug use behaviour
- Strategies on increasing motivation to deal with cravings and relapse
- A supportive non judgmental environment to assist recovery

The program can be joined at any time.

## Program details:

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

**When:** Tuesdays 9.30pm – 12.30pm

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## 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.

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## 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.

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**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.**

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**City:** Nipaluna Country, Level 1, 175 Collins St, Hobart TAS 7000  
**Eastern Shore:** Trumanyapayna Country, 31 Chipmans Rd, Rokeby TAS 7019  
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