



THE  
HOBART  
CLINIC

*Excellence in Mental Health*



# Anxiety Management

**The anxiety management group is a 9 week treatment program that teaches effective strategies for managing anxiety, particularly in social situations.**

Program covers:

- Treatment based on a Cognitive Behavioural Therapy (CBT) approach to manage unhelpful thinking
- An understanding of the physical aspects of anxiety including addressing specific elements such as managing panic, worry and being judged by others
- Home practise tasks that focus on applying the skills learnt in the group such as gentle exposure therapy
- An introduction to Mindfulness techniques to manage anxiety

## Program details:

**Where:** City Clinic, Level 1/175  
Collins Street, Hobart

**When:** Starts from 11 February 2021  
Thursdays 10.00am – 1.00pm

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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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