



THE
HOBART
CLINIC

Excellence in Mental Health

Living Well Staying Well



A group where participants are supported to share their experiences with mental health and recovery. Each week a relevant topic or theme is explored. These could include topics such as self-compassion, neuroplasticity, persistent pain, relationships and how to create a life that is meaningful and worth living.

Program covers:

- A flexible, responsive, and a supportive environment for those who have recently discharged from an inpatient stay; are awaiting admission; or for touching base now and again to continue to maintain wellbeing
- Learning skills, strategies, and perspectives from evidence-based therapies including CBT, DBT and ACT which assist participants to manage their wellbeing as their mental health needs change
- Consideration of the interactions between our brains, our minds, our bodies, and our sense of identity and how this contributes to a meaningful life.

Program details:

Where: Eastern Shore Clinic
31 Chipmans Road,
Rokeby

When: Starts 13th October
9.30am - 10.30am Yoga (optional)
10.00am - 1.00pm

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 call 6247 9960 or email info@thehobartclinic.com.au GP referral and private health insurance is required.

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