



THE
HOBART
CLINIC
Excellence in Mental Health



Mood Management

This 6 week group program is designed for people experiencing a mood disorder. It focuses on education and practical strategies to help people manage symptoms of depression and improve wellbeing.

Program provides:

- An increased understanding of what depression is and its impact
- A focus on increasing activity, routines and healthy habits to manage depression
- Identifying the role of thoughts in maintaining depression
- Relapse prevention skills

Program details:

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

When: From 23 February 2021
Tuesday 1.00pm – 4.00pm

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

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