



ACT MINDFULNESS



This 7 week group program combines the concept of mindfulness of living in the present moment with ACT- Acceptance and Commitment Therapy. This involves developing acceptance of unwanted thoughts and feelings which are out of your control and increasing commitment and action towards living a valued life despite these symptoms.

PROGRAM PROVIDES:

- Skills to deal with painful thoughts and feelings effectively
- A reminder of the importance to live by your values
- An increased ability to relax and cope with stressful situations
- Improved self-esteem and changing unwanted behaviours

FACILITATOR

Jenny Kyng - Nurse & Counsellor

HOW TO JOIN

If you're interested in attending, you will need to discuss this with your treating doctor who can provide a referral. More information can be provided by the program staff.

PROGRAM DETAILS

City Clinic

Level 1/175 Collins St, Hobart

Time

Wednesdays 2:30pm- 5:30pm

27th February - 10th April

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.

Registration and further information call 6247 9960 or info@thehobartclinic.com.au

GP referral and private health insurance is required.

