



MIND YOUR MIND

This group program focuses on learning new strategies and developing skills to assist in managing anxiety, depression and other mental health issues.

PROGRAM PROVIDES:

- An opportunity to learn and practice skills to improve mental and emotional wellbeing.
- An increased appreciation of the different psychological strategies used in the treatment of mental health issues.
- A supportive environment to share experiences.

This program is flexible in nature and can be joined at any time.

FACILITATOR

Anna Dimsey - Clinical Psychologist

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

Eastern Shore Clinic

31 Chipmans Road, Rokeby

Time

Mondays 9:30am- 2pm (includes meditation, morning tea, lunch and relaxation)

Starts 7th January 2019

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.

