



THE
HOBART
CLINIC
Excellence in Mental Health

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.

Intended outcomes of the program are:

- An opportunity to learn and practise skills to improve mental and emotional wellbeing
- A supportive environment to share experiences
- A focus on specific psychological strategies for treating mental health issues

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

Where:

Eastern Shore Clinic
31 Chipmans Road, Rokeby

When:

Mondays and Fridays
9:30am - 12:30pm

Includes meditation, morning tea and relaxation

How much does it cost?

Costs may be covered by your private health fund. You may incur an out-of-pocket expense.

How to join:

Please discuss with your GP who can provide a referral to us.

For further information call
6247 9960 or email
info@thehobartclinic.com.au.

GP referral and private health insurance is required.

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