



THE
HOBART
CLINIC

Excellence in Mental Health

Creative Writing

This group program uses creative writing exercises, both individual and collaborative to help express and process emotions in a therapeutic way. No previous writing experience is necessary, and the focus is on the process rather than the outcome.

Intended outcomes of the program are:

- An opportunity to learn new skills that can increase your sense of confidence and self-worth
- An opportunity to share written works which may lead to a recognition of common experiences felt among group members
- A supportive group environment that is often fun

Where:

City Clinic, Level 1/175
Collins St, Hobart

When:

Tuesdays
1:00pm - 4:00pm

** Includes afternoon tea

The program is flexible in nature and can be joined anytime.

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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