



THE
HOBART
CLINIC

Excellence in Mental Health

Thrive - Women's Group

A weekly program designed for women who face challenges in relation to health and emotional issues that occur at any stage of life. Participants will learn from each other as well as from professionals on a range of mental health topics. The program includes an exercise and relaxation component.

Intended outcomes of the program are:

- A female community where one belongs and feels supported
- A forum to learn skills on gender specific content enabling one to thrive and feel empowered
- Craft activity each week
- Yoga, pilates or walk included

Where:

City Clinic, Level 1/175
Collins Street, Hobart

When:

Wednesdays
9:30am - 2:30pm
Includes Yoga 1.15pm - 2.15pm

** Morning tea and lunch provided

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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