



THE
HOBART
CLINIC

Excellence in Mental Health

ACT for Depression and Anxiety

This group program combines the concept of mindfulness of living in the present moment with Acceptance and Commitment Therapy (ACT). 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.

Intended outcomes of the program are:

- Skills to handle painful thoughts and feelings associated with depression and anxiety
- A reminder of the importance to live by your values
- An increased ability to cope with stressful situations
- A way to create a rich, full and meaningful life

Where:

Eastern Shore
31 Chipmans Road Rokeby

When:

Mondays 1:00pm - 4:00pm
Starts 2nd of October

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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