



THE
HOBART
CLINIC

Excellence in Mental Health

Anxiety Management

The anxiety management group is a 9 week treatment program that teaches effective strategies for managing anxiety, particularly in social situations.

Intended outcomes of the program are:

- Treatment based on a Cognitive Behavioural Therapy (CBT) approach to manage unhelpful thinking
- An understanding of the physical aspects of anxiety including addressing specific elements such as managing panic, worry and being judged by others
- Home practise tasks that focus on applying the skills learnt in the group such as gentle exposure therapy
- An introduction to Mindfulness techniques to manage anxiety

Where:

Mind Hub
Level 1/175 Collins Street Hobart

When:

Starts 12th of October
9 week program
9.30am - 12.30pm

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.

City: nipaluna country, Level 1, 175 Collins Street, Hobart
Eastern Shore: naniyilipata country, 31 Chipmans Road, Rokeby
P. (03) 6247 9960 F: (03) 6247 6439
E. info@thehobartclinic.com.au
www.thehobartclinic.com.au