



THE
HOBART
CLINIC
Excellence in Mental Health

Creative Art

This group program uses the creative aspects of art as a way of improving mental and emotional well-being. No artistic talent is required to join this group.

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
& City Clinic
Level 1/175 Collins St

When:

Tuesdays 12:30pm - 4:00pm
Wednesdays 9:30am - 12:30pm
(Eastern Shore Clinic)

Thursdays 1:00pm - 4:30pm
(City Clinic)

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
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