

# January - May 2024

**EASTERN SHORE** – 31 Chipmans Road, Rokeby

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Mind Your Mind</b> (ongoing)  9.30am – 12.30pm <i>+ relaxation &amp; craft until 3.00pm includes lunch</i>	<b>Young at Heart</b> (ongoing)  10.00am - 3.00pm		<b>Wise &amp; Well</b> (ongoing)  10.00am – 1.00pm	<b>Mind Your Mind</b> (ongoing)  9.30am - 12.30pm <i>(Optional relaxation and Group Session after lunch)</i>
	<b>Alcohol &amp; Drug Treatment &amp; Recovery Program</b> (ongoing)  <i>9.30am - 12.30pm</i>		<b>Creative Art</b> (ongoing)  9.30am - 12.30pm  <i>Held at Rokeby until further notice</i>	
	<b>Creative Art</b> (ongoing)  1:00pm – 4.00pm			

**Please note:** Ongoing groups can be joined at any time. Days and times of programs may be subject to change, please check the website [www.thehobartclinic.com.au](http://www.thehobartclinic.com.au)



# January - May 2024

**MIND HUB** – Level 1 / 175 Collins Street Hobart

Monday	Tuesday	Wednesday	Thursday	Friday
<b>ACT for Depression &amp; Anxiety</b>  9.30am – 12.30pm	<b>Dialectical Behaviour Therapy (DBT)</b>  9.30am – 12.30pm	<b>Thrive – Women's Group</b> (ongoing)  9.30am – 2.30pm <i>(includes Yoga 1.15 – 2.15)</i>		<b>Music Therapy Program</b>  1.30pm – 4.30pm
	<b>Creative Writing</b> (ongoing)  1.00 - 4.00pm		<b>Creative Art</b> (ongoing)  <b>Held at Rokeby until further notice</b>	

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