

January - May 2024

EASTERN SHORE – 31 Chipmans Road, Rokeby

Monday	Tuesday	Wednesday	Thursday	Friday
Mind Your Mind (ongoing) 9.30am – 12.30pm <i>+ relaxation & craft until 3.00pm includes lunch</i> Commences 15th of January	Young at Heart (ongoing) 10.00am - 3.00pm Commences 16th of January	Thrive – Women's Group (ongoing) 9.30am – 2.30pm <i>(includes Yoga 1.15 – 2.15)</i> <i>Held at Rokeby until further notice</i> Commences 10th of January	Wise & Well (ongoing) 10.00am – 1.00pm Commences 25th of January	Mind Your Mind (ongoing) 9.30am - 12.30pm <i>+ Group Session</i> Commences 12th of January
	Alcohol & Drug Treatment & Recovery Program (ongoing) 9.30am - 12.30pm Commences 23rd of January		Creative Art (ongoing) 9.30am - 12.30pm <i>Held at Rokeby until further notice</i> Commences 11th of January	
	Creative Art (ongoing) 1:00pm – 4.00pm Commences 9th of January			

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

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MIND HUB – Level 1 / 175 Collins Street Hobart

Monday	Tuesday	Wednesday	Thursday	Friday
	Dialectical Behaviour Therapy (DBT) 9.30am – 12.30pm Commences 20th of February	Thrive – Women's Group (ongoing) Held at Rokeby until further notice		Music Therapy Program 1.30pm – 4.30pm Commences 2nd of February
	Creative Writing (ongoing) 1.00 - 4.00pm Commences 30th of January		Creative Art (ongoing) Held at Rokeby until further notice	

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