



THE
HOBART
CLINIC

Excellence in Mental Health

Managing Emotions

Emotions are an important part of our experience as humans, but at times they can feel intense, unpleasant and overwhelming. This is a 6 week group program providing an introduction to healthy strategies for managing emotions.

Intended outcomes of the program are:

- Education about different emotions and their impact
- Different strategies for responding to emotions
- Ways to build positive emotions

Where:

Mind Hub
Level 1/175 Collins Street Hobart

When:

Starts 17th of August
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