



THE  
HOBART  
CLINIC

*Excellence in Mental Health*

# Carers Topics 2020

These sessions allow carers to meet together in a welcoming environment to discuss issues that might arise when supporting a loved one with mental health difficulties. The sessions are facilitated by staff from The Hobart Clinic and may provide education on a specific topic or be more general in nature. Participants have commented on the usefulness of being able to share experiences and recognise that they are not alone in how they might be feeling during challenging times.

<b>When:</b>	First Wednesday of every month (sometimes varies - see website)
<b>Time:</b>	5.00pm – 6.30pm
<b>Where:</b>	Mind Hub City, Level 1 / 175 Collins Street, Hobart.
<b>Facilitators:</b>	A variety of allied health professionals from the Hobart Clinic Program Team
<b>Who can attend?</b>	Open to any member of the public

<b>July 8 - Telehealth by Zoom</b>	Discuss the challenges of supporting someone with an Alcohol or Drug addiction	Dave Willans – Social Worker Facilitator of our Alcohol & Drug Treatment group
<b>August 5</b>	Understanding Bipolar Affective Disorder and the challenges for carers	Jess Bowring – Clinical Psychology Registrar
<b>September 2</b>	Supporting loved ones on their recovery journey	Susan Austin – Mental Health Occupational Therapist
<b>October 7</b>	Caring for someone with Borderline Personality Disorder	Hannah Smith – Clinical Psychology Registrar
<b>November 4</b>	Supporting a person with anxiety and managing your own	Anna Dimsey- Clinical Psychologist
<b>December 2</b>	The stress of the “Silly Season.”	Maureen Eadie - Psychologist

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