

## The Melbourne Clinic are pleased to announce the commencement of Saturday Group Therapy Programs.

**Commencing 22nd April 2017 we will be offering:**

**Bipolar Management Program:** 10 week program offering information and skills to minimize the impact of Bipolar Disorder on your everyday life and functioning.

**Anxiety Management Program:** 10 weeks program offering information and skills to assist with the recovery from symptoms of Anxiety.

**The following programs will be commencing later in 2017 and referrals are welcome now:**

**Mindfulness Based Cognitive Therapy Program:** 10 week program providing intensive support and information in how to incorporate mindfulness and awareness as a way of managing your illness and supporting recovery.

**Creative Art Therapy:** 10 week program exploring awareness, insight and recovery through the use of evidence base art therapy techniques.

For Enquiries and referrals please contact the Day Program Intake on **03 8416 3800**.

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