

Healthy Minds

Providing resources, education and clinical support to enhance your ability to change the way you think, feel and behave.

Who is the program for?

This program is designed for older adults who are experiencing depression, anxiety or adjustment difficulties. The program focuses on age related issues while developing valuable skills for individuals to create a healthy balanced lifestyle.

Program content

- Psychoeducation sessions
- Psychiatrist talk
- Gentle gym session
- Structured art therapy
- Mindfulness & Relaxation



About the program

This open group day program is designed for older people who may be experiencing adjustment difficulties, depression, anxiety and cognitive changes. Participants focus on age-related issues including maintaining a healthy mind, creating a health balanced lifestyle through mental and physical activities, health eating and exercise.



When is it held?

One day a week over six weeks as detailed below. Morning tea and lunch is provided.

8:30am – 9:00am	Registration and sign in
9:00am – 2:30pm	Group program

Check our webpage for the current timetable.



How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to South Coast Private Hospital.



How much does it cost?

Participants are admitted as a day patient and as such, can claim attendance via their health fund. We ask that patients confirm any applicable out of pocket or gap costs directly with South Coast Private Hospital.



Further information

For information on this program please contact the South Coast Private Hospital Day Programs Team
T: 02 4286 6847
E: day.programs@southcoastprivate.com.au



South Coast Private Hospital