

The Barrington Clinic Day Program

Living Well

Providing resources, education and clinical support to maintain or improve your sense of worth and well-being.

Who is the program for?

Individuals who have an interest in improving their happiness and day-to-day social interactions. Physical education to learn moderating emotions and improving anxiety and stress.

Program content

- Physical education and mindfulness
- Successful sleep
- Managing anxiety and stress
- Setting and achieving goals
- Self-compassion and values
- Healthy lifestyle
- Importance of self
- Communication skills
- Managing feelings of grief and loss
- Keeping the brain busy
- Relapse prevention

About the program

This half day group session is a rehabilitation program that offers education on mental health, gentle exercise and activities to promote social interaction.

When is it held?

Offered one day a week over twelve weeks, as either a morning or afternoon session. Light refreshments are provided.

How to join

Ask your GP or treating psychiatrist for a referral to The Barrington Clinic Day Program. Once we have received your referral we will contact you to arrange an initial assessment.

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 Maitland Private Hospital.

Further information

For information on this program please contact:
THE BARRINGTON CLINIC
DAY PROGRAM
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