

Inner Ease Support Group

For people living with tinnitus, dizziness, sound intolerance and hearing loss

Heartfelt Intention

Coming together as a community of people, who have in common an association with tinnitus and other chronic ear symptoms, can provide an accessible and supportive setting for those wanting to strengthen connections in a meaningful way.

At these Support Group sessions, it is my heartfelt intention to provide a refuge, a welcoming space and community of support to safely explore the many ways we can live a wholehearted life within the experience of chronic ear conditions. You will be professionally led and cared for by specialist audiologist, Dani Fox.

- You can expect themed and facilitated meetings providing safe and trusted information about tinnitus and other chronic ear conditions. After each meeting, it is my hope that you leave feeling uplifted and alive, with practical skills to implement into your everyday life that benefit your overall wellbeing. Each meeting will be served with warm tea and sprinkled with poetry to soothe and inspire.



- Suitable for people who suffer with the symptom of tinnitus and/or other ear symptoms such as vertigo, sound intolerance, acoustic shock disorder and hearing loss, as well as family and friends.

Inner Ease Support Group 2022



Hobart Meetings – in person or via Zoom

| | Topic | Exploration |
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| Sunday 13 February – 3:00-4:30pm | Tinnitus Awareness Week | “The Sound of Science” Advocating for more research, increased awareness and better support. |
| Sunday 10 April – 3:00-4:30pm | Subconscious Sensory Filter | How our brain processes sound |
| Sunday 5 June – 3:00-4:30pm | Neural plasticity | Creating neural maps for ease within the presence of sound |
| Sunday 7 August – 3:00-4:30pm | Reviewing tinnitus treatments | What tinnitus treatments work and which emerging treatments have potential? |
| Sunday 16 October – 3:00-4:30pm | Stories | Harnessing the power of the stories we tell. |
| Sunday 4 December – 3:00-4:30pm | Goal setting | Get clear about where you want your future self to be, and how to get there. |

Where: On Zoom from anywhere in Australia, or in person at the peaceful surrounds of South Hobart Community Centre (42 D’Arcy Street, South Hobart). *Please note that the venue may change from time to time.*

Suggested donation: \$10 per family; \$20 per health professional working with tinnitus patients. Payment can be made on the day by cash/card or by direct credit to Danielle Fox BSB: 633000 Account #:132623133

Register: Please email Dani at innereasetinnituscentre@gmail.com to register your intention to attend, and for any questions about the upcoming meeting. I need to know numbers for catering and seating arrangements.