

# 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 2024



## Hobart Meetings – in person or via Zoom

	Topic	Exploration
<b>Sunday 28 January – 3:00-4:30pm</b>	Finding refuge in our body	Body hacks: how we can use our body to short circuit the distress of aural symptoms.
<b>Sunday 31 March – 3:00-4:30pm</b>	Devices: Hearing Aids Cochlear Implants Sound Generators	What role do devices play in the treatment of ear conditions
<b>Sunday 19 May – 3:00-4:30pm</b>	Five reasons you still have chronic ear symptoms	What are the five ways to guarantee continued ear symptoms? What does change look like?
<b>Sunday 28 July – 3:00-4:30pm</b>	Breathing through uncomfortable sensations	Explore breath as a tool to shift out of discomfort.
<b>Sunday 22 September – 3:00-4:30pm</b>	Self-Care	Explore the way self-care strategies can ease the discomfort of symptoms.
<b>Sunday 1 December – 3:00-4:30pm</b>	Befriending Sleep	Explore four guidelines for resetting healthy sleep cycles.

**Where:** On Zoom from anywhere in Australia, or in person in the **peaceful residential** surrounds of Inner Ease Tinnitus Centre, 166 Warwick Street, West Hobart (please enter through the blue stained-glass door at the back of the house; ample on-site parking).

**Suggested donation:** \$10-\$20 per family; \$20-\$40 per health professional working with 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](mailto: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.

# Inner Ease Support Group

Peer support for people living with hearing loss, tinnitus,  
sound sensitivity and dizziness.

Sunday afternoon tea, every two months throughout the year

## **Inner Ease Tinnitus Centre**

166 Warwick Street, West Hobart

Phone Dani on 0416 978543

E: [innereasetinnituscentre@gmail.com](mailto:innereasetinnituscentre@gmail.com)

W: [www.innereasetinnituscentre.com](http://www.innereasetinnituscentre.com)