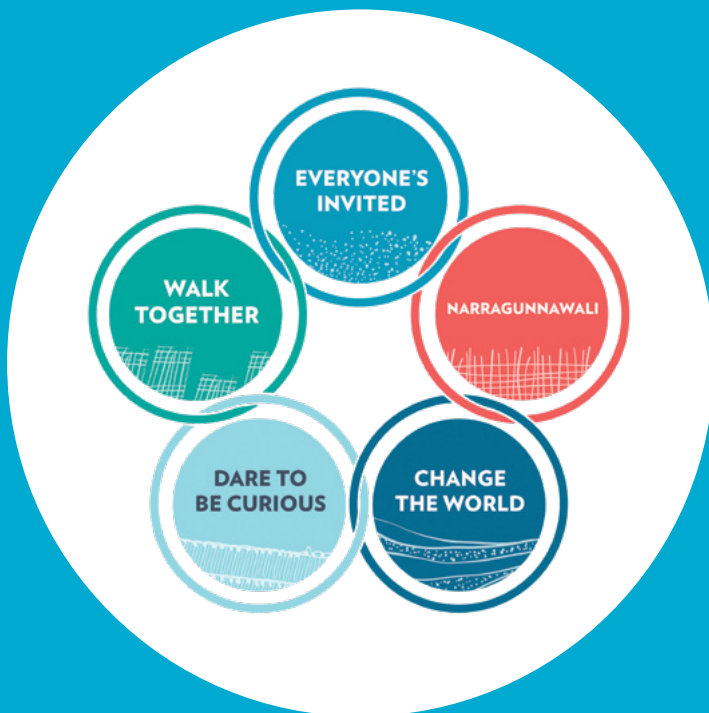




# UC HEALTH CLINICS

UC CAMPUS, BRUCE

# Our values



## Acknowledgement

The University of Canberra acknowledges the Ngunnawal people, traditional custodians of the lands where Bruce campus is situated. We wish to acknowledge and respect their continuing culture and the contribution they make to the life of Canberra and the region. We also acknowledge all other First Nations Peoples on whose lands we gather.

## Disclaimer

This clinic is a student-led educational facility operated under the supervision of qualified professionals. As part of our commitment to providing a supportive learning environment, services are delivered by students in training. While we strive to assist all individuals, there may be circumstances where we are unable to provide care or support due to educational, clinical, or operational limitations. We appreciate your understanding and encourage you to seek alternative services if necessary.

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Why choose

# UC Health Clinics



### Latest techniques

Benefit from the latest in university research and techniques



### Support learning

Your treatment supports the teaching and learning of future healthcare professionals



### Personalised attention

Receive the personalised attention of your student clinician and extended treatment times



### Affordable health care

Students working under close supervision of registered and accredited practitioners

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Research at

# UC Health Clinics

The UC Health Clinics are using the latest evidence to promote and improve good health.



## Student led healthcare for Belconnen and the wider Canberra community



For more information  
on the clinics and  
availability, please contact our  
friendly staff. Appointment  
times also vary depending on  
the clinic.



# Welcome to UC Health Clinics

Supporting health, learning, and community wellbeing.

The UC Health Clinics are a dynamic, student-led health service located at the University of Canberra. We provide high-quality, care to the community while offering valuable hands-on experience to our students under the supervision of qualified professionals.

Our multidisciplinary clinics offer services in:

- Psychology
- Occupational therapy
- Physiotherapy
- Nutrition and dietetics
- Optometry and optical dispensing
- Exercise physiology
- And other allied health areas

Whether you're seeking support for your physical, mental, or developmental health, our team is here to help.

We are committed to delivering person-centred care that is inclusive, evidence-based, and tailored to the needs of each individual. By combining clinical excellence with a strong focus on education and research, we aim to improve health outcomes for our clients and contribute to the future of healthcare.

Inside this booklet, you'll find detailed information about each of our services and how to access them.

## Important Notice:

As all our clinics operate as student-led teaching facilities, services provided are not eligible for rebates through Medicare, private health insurance, or third-party funding bodies.



SCAN ME

# Exercise Physiology



## LOCATION

Exercise Physiology Clinic  
Building 28



## OPENING TIMES

Mon–Thu: 9am–5pm

Fri: 9am–4pm

Weekends and public holidays:  
Closed



## COST

Initial consult: **\$60**

Review consult: **\$50**

Initial concession consult: **\$50**

Review concession consult: **\$45**

Classes: **\$15** per session

Book of 10 classes: **\$125**



## CONTACT

p: (02) 6201 5843

e: [healthclinic@canberra.edu.au](mailto:healthclinic@canberra.edu.au)



## The UC Exercise Physiology Clinic is a student-led health service offering personalised exercise and physical activity programs to support your physical and mental wellbeing.

Our services are based on the latest evidence and delivered with a strong focus on person-centred care. All sessions are provided by students studying to become Accredited Exercise Physiologists (4-year degree) or Exercise Scientists (3-year degree). They are closely supervised by our experienced Clinical Educator, an Accredited Exercise Physiologist.

### What we offer

We're here to help you feel confident, supported, and safe with exercise—whether you're just starting out or have years of experience. Our team will:

- Assess your current physical capacity
- Develop a tailored exercise plan
- Support you through individual or group-based sessions

### Who we support

We work with people managing a wide range of health conditions, including those who are:

- Recovering from illness or medical treatment
- Living with long-term or complex health conditions
- Looking to improve strength, balance, mobility, fitness, or independence
- Seeking guidance to exercise safely and confidently

### What to expect

Your journey begins with a student-led consultation where we get to know you—your health history, goals, and any concerns. This may include physical assessments to help us create a personalised exercise plan that fits your health needs and lifestyle.

### Your plan may include:

- One-on-one sessions
- Group-based exercise in a supportive environment
- Home or community-based activity recommendations
- Regular check-ins to track progress and adjust your plan

Our group sessions are designed to bring together individuals with similar needs, offering peer support, motivation, and targeted supervision.

### How to get started

Contact UC Health Clinics to add yourself to the referral list.



SCAN ME

# Neurological Physiotherapy



## LOCATION

Parkinson's Clinic  
Building 28



## OPENING TIMES

Mon–Thu: 9am–5pm

Fri: 9am–4pm

Weekends & public holidays: Closed



## COST

Initial consult: **\$55**

Initial concession consult: **\$50**

Review consult: **\$50**

Review concession consult: **\$45**

Classes: **\$15** per session

Enjoy discounted rates when you buy  
5 or 10 class visits in advance!



## CONTACT

p: (02) 6201 5843

e: [healthclinic@canberra.edu.au](mailto:healthclinic@canberra.edu.au)

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**The UC Parkinson's Clinic focuses on providing evidence-based group physiotherapy focusing on mobility, balance and everyday activities. You will have an individualised assessment to ensure that the physiotherapy program is targeted to your goals and ability.**

You will be treated by a physiotherapy student who is fully supervised by an experienced registered Physiotherapist and receive thorough, high quality personalised care during your visit.

Our supervisors and students apply the latest evidence-based research so you can be confident that you are in good hands.

### Services

Our clinic offers individualised assessments and group physiotherapy classes. Classes run weekly for one hour. Wear comfortable clothing and supportive footwear.

Assessment and classes for other neurological conditions including stroke and multiple sclerosis (MS) run weekly.



**Please note:** As a student-led clinic, we are not eligible for rebates through Medicare, private health funds, or third-party providers.



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# Nutrition and Dietetics



## LOCATION

Nutrition and Dietetics Clinic  
Building 28



## OPENING TIMES

Mon–Thu: 9:30am–5pm  
Friday, weekends & public holidays:  
Closed



## COST

Initial consult: **\$55**

Initial concession consult: **\$50**

Review consult: **\$50**

Review concession consult: **\$45**

Body composition: **\$35**



## CONTACT

p: (02) 6201 5843

e: [healthclinic@canberra.edu.au](mailto:healthclinic@canberra.edu.au)

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## At the UC Nutrition and Dietetics Clinic we offer services to staff, students and the general public requiring dietary assessment and advice.

You will be treated by a Master of Nutrition and Dietetics student who is supervised by an experienced qualified Dietitian and receive thorough, high quality and personalised care during your visit. Our supervisors and students apply the latest evidence-based research so you can be confident that you are in good hands.

### What to expect

At the UC Nutrition and Dietetics Clinic we can support you in understanding how to best manage your health and wellbeing through diet. You will have a comprehensive lifestyle and dietary assessment, followed by dietary support tailored to your individual needs, lifestyle and food preferences.

### Services

- Comprehensive dietary assessment
- Individualised dietary advice, education and counselling
- Resources, individualised strategies, and recipe information
- Body composition analysis
- Group activities and classes



SCAN ME

# Occupational Therapy



## LOCATION

Occupational Therapy Clinic  
Building 28



## OPENING TIMES

Mon–Thu: 9am–5pm  
Fri: 9am–4pm  
Weekends & public holidays: Closed



## COST

Initial appointment: \$125 per hour



## CONTACT

p: (02) 6201 5843  
e: [healthclinic@canberra.edu.au](mailto:healthclinic@canberra.edu.au)



## Empowering Neurodiverse Youth: Student-Led Occupational Therapy at the University of Canberra.

We support neurodiverse children, adolescents, and young adults (ages 9 to 25), along with their families, to build practical skills for everyday life. Our goal is to help each individual achieve their personal goals, grow in confidence, and develop new abilities, while celebrating the strengths they already bring.

Our services are delivered by Occupational Therapy students from the University of Canberra, under the close supervision of experienced, registered Occupational Therapists. We take a collaborative, strengths-based approach, working closely with clients and their families to co-design a tailored support plan.

Together, we explore your strengths and challenges across home, school, work, and community settings. Based on this, we develop a personalised eight-week program to support your goals and growth.

### Services

Our services may include support with:

- Engaging in meaningful activities at home, school, work, and in the community
- Building strategies to stay calm, focused, and emotionally regulated
- Planning and managing daily routines more independently

### Program details

- **Duration:** Up to 8 sessions per client
- **Cost:** \$125 per hour
- **Optional:** Progress reports available upon request

**Please note:** As a student-led clinic, we are not eligible for rebates through Medicare, private health funds, or third-party providers.



SCAN ME

# Optometry



## LOCATION

Eye Clinic  
Building 28



## OPENING TIMES

Mon–Thu: 9am–5pm  
Fri: 9am–4pm  
Weekends & public holidays: Closed



## COST

Our consultation fees can vary  
depending on student availability



## CONTACT

p: (02) 6201 5843  
e: [healthclinic@canberra.edu.au](mailto:healthclinic@canberra.edu.au)





**At UC Eye Clinic, we proudly provide comprehensive eyecare services to staff, students, and the general public. Whether you need a simple glasses adjustment or have concerns about your vision or eye health, our clinic is equipped with cutting-edge technology to support your needs.**

Your eyes will be assessed using state-of-the-art diagnostic equipment, ensuring precise and thorough clinical evaluations. Each consultation is tailored to your individual needs and guided by the latest evidence-based research.

Explore our collection of eyewear, from bold, unique designs to timeless classics. We offer a wide selection of high-quality lenses from leading manufacturers, designed to enhance your vision in everyday life.

Our team also specialises in safety glasses that work with prescription eyewear for occupational purposes, e.g. trades, that comply with Australian Standards for demanding work environments.

We're committed to supporting individuals who may otherwise struggle to access effective treatment. By broadening our scope, we aim to provide inclusive, community-focused care.

Your consultation will be conducted by a final-year Master of Optometry student, under the direct supervision of a qualified and experienced optometrist. This ensures you receive personalised, professional care while supporting the next generation of optometrists.

### Services

- Comprehensive eye and vision examinations
- Children and adolescent vision assessments
- Binocular eye training and vision training
- Therapeutic prescriptions (ophthalmic eye drops)
- Colour vision testing
- Contact lens fittings
- Myopia control programs
- Frames and lenses selection and sales
- Advanced ocular imaging
- Functional and low vision assessments to support independence by identifying and addressing vision needs
- Diabetic eye care evaluations

Our goal is to provide solutions for people who need care. By broadening our scope, we're able to support a wider community with tailored, inclusive eye care.



SCAN ME

# Physiotherapy



## LOCATION

Physiotherapy Clinic  
Building 28



## OPENING TIMES

Mon–Thu: 9am–5pm

Fri: 9am–4pm

Weekends & public holidays: Closed



## COST

Initial consult: \$55

Initial concession: \$50

Review consult: \$50

Review concession: \$45



## CONTACT

p: (02) 6201 5843

e: [healthclinic@canberra.edu.au](mailto:healthclinic@canberra.edu.au)



At our clinic, final year physiotherapy students provide one-on-one appointments under the supervision of qualified physiotherapists. We can treat adults and children over the age of 10 for all sports and musculoskeletal injuries, as well as post-operative rehabilitation.

### Services

Our services include the treatment of:

- back and neck pain
- headaches
- exercise prescription for common injuries
- sports injuries
- sprains and strains
- arthritis
- overuse and chronic injuries
- post-surgical recovery and rehabilitation

Other physiotherapy services:

- Osteoarthritis Clinic
- Parkinson's Clinic

### *What should I wear?*

Comfortable active wear and shoes suitable for exercise and advised as your physiotherapist may ask you to move around. Consider your area of concern when dressing (i.e. if you have knee pain consider wearing shorts).

**Please note:** We are a student-led clinic no rebate is available through private health funds, Medicare, or third-party providers.

We are not able to treat conditions that are a result of a workplace injury or motor vehicle accident.



SCAN ME

# Psychology



## LOCATION

Psychology Clinic  
Building 28



## OPENING TIMES

Mon–Tue: 9am–5:00pm  
Thu–Fri: 9am–5:00pm  
Weekends & public holidays: Closed



## COST

Individual therapy session:

Initial consult: **\$70**

Initial concession consult: **\$60**

Review consult: **\$50**

Review concession consult: **\$40**

Cool Little Kids: **\$295**

Cool Kids at UC: **\$500**

Neuropsychological and Cognitive  
Assessments: **\$750–\$950**  
(depending on complexity)



## CONTACT

p: (02) 6201 5843

e: [healthclinic@canberra.edu.au](mailto:healthclinic@canberra.edu.au)

## We offer low-cost, evidence-based psychological services to UC students and the wider community.

### Individual therapy services

Therapy sessions are delivered by Provisional Psychologists in their fifth year of training, completing a Master's or PhD in Clinical Psychology. All care is provided under the close supervision of experienced Clinical Psychologists to ensure high standards and best practice.

### Who we treat

We support children (7+ years), adolescents, and adults experiencing mild to moderate mental health concerns, including:

- Anxiety and mood disorders
- Low self-esteem
- Stress, grief, and adjustment difficulties
- Anger and emotional regulation
- Sleep issues
- Social skills challenges

### How it works

If your referral is suitable, you'll begin with an initial 80-minute assessment session. Based on this, a tailored treatment plan will be developed by your Provisional Psychologist and their Clinical Supervisor. Ongoing sessions are 50 minutes and typically scheduled weekly. Each client receives a personalised, evidence-based approach to care.

### Referrals and availability

Referrals are accepted year-round. However, due to high demand, intake may occasionally close. Please contact UC Health Clinics reception for current waitlist timeframes.

### Group programs at UC Psychology Clinic

The clinic offers evidence-based programs for managing anxiety, procrastination, and stress, including:

- Cool Kids
- Chilled
- Putting off procrastination
- Surviving stress





## Cool Little Kids Program

3–7 years

### Who is the program suitable for?

The Cool Little Kids program has been designed for parents of young children (typically aged 3 to 7 years) who are shy, withdrawn or otherwise at risk of developing an emotional disorder in future. As such, the program is generally **NOT suitable** for children whose anxiety may be the result of experiencing trauma, or those with additional psychiatric conditions.

### What is involved?

Cool Little Kids is a group parent program run over 6 sessions. The first 4 sessions occur weekly, before shifting to fortnightly for the last 2 sessions. Each 90 minute session involves participation by parents/guardians and focuses on teaching practical skills and strategies to reduce anxiety. Topics in the program include:

- What is shyness and anxiety?
- Parenting an anxious child
- Facing fears
- Managing parent anxiety

### When will the program run?

The program is held at various times throughout the year. For the latest schedule, please get in touch with the clinic.

### Cost

**The cost of the program is \$295.** Participation in the program includes the provision of the Cool Little Kids program, plus the provision of the program workbook. The workbook is vital to the Cool Little Kids program.



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## Cool Kids Program at UC

7–12 years

### Who is the program suitable for?

Supporting children aged 7–12 and their families in managing anxiety.

The Cool Kids program is an evidence-based treatment developed by Macquarie University. It helps children and their parents learn practical strategies to manage anxiety. The program runs over ten weeks in a structured group format, led by provisionally registered psychologists under supervision.

### Topics covered

- Understanding anxiety
- Facing fears with confidence
- Recognising and managing feelings
- Problem-solving skills
- Building self-confidence
- Realistic and detective thinking
- Coping with teasing and peer challenges

### Eligibility

Suitable for children aged 7–12 with anxiety disorders. Not recommended for children with trauma-related anxiety or additional psychiatric conditions.

### Schedule

Weekly sessions from 3:30–5:30 PM for ten weeks (with a break during school holidays). Please contact the clinic for dates and times.

### Cost

\$500 per child, including workbooks.

### Contact us

Call the UC Health Clinic on (02) 6201 5843. A provisional psychologist will follow up to assess suitability.



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## Neuropsychological and Cognitive Assessments

The UC Psychology Clinic offers cognitive assessments for individuals aged 7 years and older. These assessments address a range of concerns, including:

- Intellectual disability
- Academic achievement and giftedness
- General cognitive ability
- Specific learning disorders (e.g., dyslexia)
- ADHD (children, adolescents, and adults)
- Memory, attention, and executive functioning

Assessments are conducted by provisional psychologists under supervision and are offered at a reduced fee. Feedback is provided both in person and through written reports.

- Assessments typically occur between June and November, depending on clinic capacity.
- Contact UC Health Clinics Reception for current waitlist timeframes.

**Please note:** We do not offer assessments for Autism Spectrum Disorder (ASD).

**Legal-related cognitive assessments** are not accepted.

### Important information

- Referrals are accepted year-round.



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## Accessing Services at the UC Psychology Clinic

If you're interested in individual therapy, group therapy, or a psychological assessment, please contact the UC Health Clinics Reception to add your name to the appropriate referral list.

We accept:

- Self-referrals
- Referrals from professionals such as GPs, school psychologists, and other health practitioners

Once referred, a provisional psychologist will contact you to conduct a brief phone assessment to determine your suitability for our clinic.

If your referral falls outside our scope of practice, we will provide alternative referral options to ensure you receive appropriate support.

**Please note:** As a training clinic, the UC Psychology Clinic follows strict ethical guidelines. We **are not** equipped to treat:

- **Significant behavioural issues**
- **Trauma-related concerns**
- **Eating disorders**
- **Risk or self-harm behaviours**
- **Complex mental health presentations**
- **Additionally, to avoid conflicts of interest, we do not provide services to:**
- **UC psychology students**
- **Students planning placements at UC Health Clinics**



SCAN ME



## Building 28



## Parking information

Parking is available directly in front of the building. The first 1 is free.

If your visit exceeds one hour and you're attending a student-led clinic, please visit reception to have your parking ticket validated.

[canberra.edu.au/parking](http://canberra.edu.au/parking)



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CANBERRA**

[canberra.edu.au/health-clinics](http://canberra.edu.au/health-clinics)

## UC Health Clinics

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T +61 2 6201 5843

E healthclinic@canberra.edu.au