

## Group Programs Current Listing for 2018

**Venues: Lifeline H2H Centre, Gordon, unless otherwise indicated**  
(see details at bottom of page)

### Information & Inquiries – PHN Funded Groups



The following four groups have been made possible thanks to funding from Sydney North Primary Health Network.

For information or enquiries about these groups, please contact Gillian or Amy on **02 8287 1158**

#### **Being Mums – Day Program**

An 8-week program for mothers with babies (up to 1 year old) who are feeling stressed at times and are finding it hard to cope.

2 Feb – 23 Mar	10.30am – 12.30pm Fridays, Mona Vale
11 May – 29 Jun	10.30am – 12.30pm Fridays, Mona Vale

#### **Managing Your Feelings – Day Program**

A 9 week skills group for adults (18+) with mild to moderate intellectual disability who are experiencing symptoms of anxiety or depression.

7th Feb – 4th April	10.30am – 12.30pm Wednesdays, Cremorne
2 May – 27 June	10.30am – 12.30pm Wednesdays, Cremorne

#### **Managing Your Mood (Adults) – Day Program**

A 16 week group for adults (18+) who are struggling with distressing feelings and thoughts, or are experiencing symptoms of anxiety or depression.

January	Balgowlah, <i>dates and times to be advised</i>
March	Gordon, <i>dates and times to be advised</i>

#### **Managing Your Mood (Adolescents) – Day Program**

A 16 week group for adolescents who are struggling with distressing feelings and thoughts, or are experiencing symptoms of anxiety or depression.

January	Hornsby, <i>dates and times to be advised</i>
January	Lindfield, <i>dates and times to be advised</i>
April	Balgowlah, <i>dates and times to be advised</i>

### Information & Inquiries – All Other Groups



For information or enquiries about the following groups, please contact Jen or Helen on **02 8287 1126**

#### **Gambling Support Group – Evening Program**

A 6-week group for people who are seeking support to reduce their gambling.

Feb – March	6pm – 8pm Wednesdays
Oct – Nov	6pm – 8pm Wednesdays

#### **Hoarding Treatment Program – Day Program**

The Hoarding Treatment program includes a 15 week group program and individual therapy sessions. It is for people who can't stop accumulating possessions and have persistent difficulty parting with their possessions.

7 March – 20 June	2pm – 4pm Wednesdays
6 Aug – 19 Nov	11am – 1pm Mondays

#### **Hoarding Disorder: Family as Motivators – Day Program**

A 10 week program for the family or carers of a person with Hoarding Disorder. It focuses on strategies to understand and talk with your loved one as well as managing your own well-being.

12 Feb – 23 April	11am – 1pm Mondays
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#### **REACH Depression/Bipolar Group – Day Program**

The R.E.A.C.H group is a 9-week educational support group program developed by the Black Dog Institute for individuals with a mood disorder. It focuses on strategies for managing your illness and increasing well-being.

1 May – 26 June	9am – 2pm Tuesdays
16 Oct – 11 Dec	9am – 2pm Tuesdays

#### **Suicide Bereavement Support Group – Evening Program**

An 8-week group for anyone over 18 who is bereaved by suicide. It is a safe and confidential group run by experienced facilitators. Pre-registration essential.

8 March – 10 May	7pm – 9pm Thursdays
9 Aug – 11 Oct	7pm – 9pm Thursdays

#### **Suicide Bereavement Support Group – Monthly Evening Group**

All participants – new and old – welcome at this once-a-month open group. Pre-registration preferred but not essential. Content reflects the particular needs of the participants on the day.

Monthly, on the 1st Thursday of each month, 7-9pm at LLH2H.

### Venues

<b>Balgowlah</b>	Lifeline Northern Beaches, 310 Sydney Rd, Balgowlah
<b>Cremorne</b>	Centre for Disability Studies, 231 Military Road
<b>Gordon</b>	Lifeline Harbour to Hawkesbury, 4 Park Avenue, Gordon
<b>Hornsby</b>	Hornsby Heights Community Centre, 104A Galston Rd,
<b>Lindfield</b>	<i>to be advised</i>
<b>Mona Vale</b>	Mona Vale Memorial Hall