

## Group Programs Current Listing for 2018

**Venues: Lifeline H2H Centre, Gordon, unless otherwise indicated**  
(see venue addresses at foot of page)

### Information & Inquiries – PHN Funded Groups



The following five 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.

23 Feb – 20 Apr	10.30am – 12.30pm Fridays, Mona Vale
20 Feb – 10 Apr	9.30 – 11.30 Tuesdays, Nannelli Hornsby
11 May – 29 June	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.

14 Feb – 11 April	10.30am – 12.30pm Wednesdays, Balgowlah
2 May – 27 June	10.30am – 12.30pm Wednesdays, venue tba

#### **Managing Your Mood – 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.

26 Feb – 25 June	10.00am – 12pm Mondays, Balgowlah
26 Feb – 25 June	3pm – 5pm Mondays, Gordon

#### **Managing Your Mood (Adolescents) – Day or Evening**

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

12 Mar – 9 July	4pm – 6pm Mondays, KYDS Hornsby
22 Feb – 21 June	4pm – 6pm Thursdays, Lindfield
22 Feb – 21 June	5.30pm – 7.30pm Thursdays, Balgowlah

### Information & Inquiries – All Other Groups

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



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

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

2 May – 6 June	6pm – 8pm Wednesdays
17 Oct – 21 Nov	6pm – 8pm Wednesdays

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

Combining a 15 week group program and individual therapy sessions, this is for people who can't stop accumulating possessions and have persistent difficulty parting with their things.

7 March – 20 June	2pm – 4pm Wednesdays
13 Aug – 26 Oct	11am – 1pm Mondays

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

10 week program for family or carers of a person with Hoarding Disorder, focusing on how to support your loved one while also managing your own wellbeing.

Mid-year, date tba prob. 9.30am – 11.30am Mondays

#### **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	11am – 1pm Tuesdays
16 Oct – 11 Dec	11am – 1pm 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 – 26 Apr	7pm – 9pm Thursdays
9 Aug – 27 Sept	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, from 1 Feb, 7-9pm .

### Venues

<b>Balgowlah</b>	Lifeline Northern Beaches, 310 Sydney Rd, Balgowlah
<b>Gordon</b>	Lifeline Harbour to Hawkesbury, 4 Park Avenue, Gordon
<b>Hornsby 1</b>	KYDS, 1st Floor, 248-252 Peats Ferry Road, Hornsby
<b>Hornsby 2</b>	Nannelli Community Centre, 5 Jersey Street, Hornsby
<b>Lindfield</b>	KYDS, Rear 265 Pacific Highway, Lindfield
<b>Mona Vale</b>	Mona Vale Memorial Hall, 1 Park Street, Mona Vale