

# Group Programs

## Current Listing 2026

### PHN Funded Groups



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

For more information, please contact Group Services on:  
**02 8287 1158** or **groupservices@lifelineh2h.org.au**

**NOTE: All PHN Funded groups require a referral from a GP/Medical Practitioner**

### Managing Your Mood (Adult) – 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.

2 Mar – 29 Jun	9:30am – 11:30am Monday, Gordon
2 Mar – 29 Jun	9:30am – 11:30am Monday, Seaforth
17 Mar – 30 Jun	5:30pm – 7:30pm Tuesday, Chatswood (18-25 yrs)
4 Mar – 17 Jun	4:30pm – 6:30pm Wednesday, Marsfield

### Managing Your Mood (Young People, 14-18 yrs) – Afternoon/Evening

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

4 Feb – 17 Jun	4:30pm – 6:30pm Wednesday, Hornsby
5 Feb – 18 Jun	5:15pm – 7:15pm Thursday, Chatswood

### 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.

12 Feb – 2 Apr	10:30am – 12:30pm Thursday, Mona Vale
23 Apr – 11 Jun	10:30am – 12:30pm Thursday, Mona Vale

### 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.

16 Mar – 6 Jul	12:30pm – 2:30pm Monday, Gordon
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## Lifeline H2HS Groups

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### ECLIPSE Group – Evening Program

Eclipse is an 8-week support group for adults following a suicide attempt.

18 May – 13 Jul 6:00pm – 8:00pm Monday, Gordon

12 Oct – 7 Dec 6:00pm – 8:00pm Monday, Gordon

### ECLIPSE Monthly Group – Monthly Evening Group

All participants – new and old – welcome at this once-a-month open group.  
Pre-registration essential.

Monthly - 1st Monday of each month 6:00pm – 8:00pm, Gordon

### REACH Depression/Bipolar Group – Evening/Day Program

9-week educational support group program developed by the Black Dog Institute for individuals with depression or bipolar, focusing on strategies for managing symptoms and increasing wellbeing.

25 Feb – 22 Apr 5:00pm – 7:00pm Wednesday, Gordon

2 Oct – 27 Nov 10:00am – 12:00pm Friday, Gordon

### Suicide Bereavement Support Group – Evening Program

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

10 Mar – 28 Apr 6:00pm – 8:00pm Tuesday, Gordon

12 Aug – 30 Sep 6:00pm – 8:00pm Wednesday, Gordon

### 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 needs of the participants on the day.

Monthly - 1st Thursday of each month 7:00pm – 9:00pm Thursday, Gordon

### Hope Program for Supporters – Day Program

A 6-week support program providing a safe and confidential space for relatives or friends who care for a person who is struggling with suicidal thoughts or actions.

11 May – 22 Jun 5:00pm – 7:00pm Monday, Chatswood

Venues	Chatswood	YESS, 47 Hercules St, Chatswood
	Gordon	Lifeline Harbour to Hawkesbury Sydney, 4 Park Avenue, Gordon
	Hornsby	Hornsby Library Meeting Room 2, 28-44 George Street, Hornsby
	Marsfield	Marsfield Community Centre, Main Hall, 1A Trafalgar Pl, Marsfield
	Mona Vale	Mona Vale Memorial Hall, 1 Park Street, Mona Vale
	Seaforth	Seaforth Village Community Centre Meeting Room, 550 Sydney Rd