

Hoarding Treatment Group - for Adults

GORDON 2026



- *Are you unable to stop accumulating things?*
- *Are you finding it hard to let go of possessions?*
- *Do you have rooms so full of clutter that you're no longer able to use them?*

Run by experienced psychologists, Lifeline Harbour to Hawkesbury Sydney's Hoarding Treatment Program combines individual counselling sessions and a 15-week group therapy program.

Who can attend? If you live, work or study in Northern Sydney or the Northern Beaches and have mild to moderate mental health issues, you may be eligible to attend.

How much does the group cost? FREE with the appropriate referral.

2026 Hoarding Treatment Group Dates

Adult Groups (18+ years)

Monday 12:30-2:30pm, **16 Mar – 6 Jul**, at Lifeline Harbour to Hawkesbury Sydney, **Gordon**

Before a place in the group can be confirmed you must have a PHN Mental Health Triage referral from your doctor AND a copy of your Mental Health Treatment Plan, submitted to the SNHN for processing.



For more information, contact Lifeline H2HS Group Services:



8287 1158



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www.lifelineh2hsydney.org.au

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