

## Group Programs Current Listing **2024**

### Information & Inquiries – PHN Funded Groups



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

For information or enquiries, please contact Group Services on:  
**02 8287 1158** or [groupservices@lifelineh2h.org.au](mailto: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.

4 Mar – 01 Jul	9:30am – 11:30am Monday, Gordon
4 Mar – 01 Jul	9:30am – 11:30am Monday, Seaforth
12 Mar – 25 Jun	5:30pm – 7:30pm Tuesday, Chatswood (18-25 yrs)
<b>NEW: 29 Jun – 02 Nov</b>	<b>3:00pm – 5:00pm, Saturday, Gordon Library</b>
5 Aug – 25 Nov	9:30am – 11:30am Monday, Gordon
5 Aug – 25 Nov	9:30am – 11:30am Monday, Seaforth
6 Aug – 19 Nov	5.30pm – 7.30pm Tuesday, Chatswood (18-25 yrs)

#### **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.

15 Feb – 20 Jun	5:00pm – 7:00pm Thursday, KYDS Lindfield
13 Feb – 18 Jun	5.00pm – 7.00pm Tuesday, Brookvale
1 Aug – 5 Dec	5:00pm – 7:00pm Thursday, KYDS Lindfield
30 Jul – 3 Dec	5:30pm – 7:30pm Tuesday, Brookvale

#### **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.

DATES TBD	10.30am – 12.30pm Thursday, Mona Vale
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#### **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.

8 Apr – 22 Jul	12:30pm – 2:30pm Monday, Gordon
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## Information & Inquiries – Lifeline H2HS Groups

For information or enquiries about the following groups, please contact Group Services on **02 8287 1158**

### **ECLIPSE Group– Evening Program**

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

20 May – 15 Jul 6:00pm – 8:00pm Monday, Gordon

14 Oct – 2 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, 2<sup>nd</sup> Monday of each month, 6:00pm – 8:00pm, Gordon

### **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.

12 Aug – 21 Oct 12:30pm – 2:30pm, Monday, 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.

24 Apr – 19 Jun 5:00pm – 7:00pm Wednesday, Gordon

18 Oct – 13 Dec 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.

29 Feb – 18 Apr 7:00pm – 9:00pm Thursday, Gordon

8 Aug – 26 Sept 7:00pm – 9:00pm Thursday, 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, 1<sup>st</sup> Thursday of each month, 7:00pm – 9:00pm, Gordon

### **Carers Support Group – Monthly Group**

A support group for relatives or friends who care for a person who is struggling with suicidality or has made a suicide attempt.

## **Venues**

**Chatswood**  
**Brookvale**  
**Gordon**  
**Lindfield**  
**Mona Vale**  
**Seaforth**

YESS, 47 Hercules St, Chatswood  
Headspace Brookvale, Meeting Room, L2/1A Cross St, Brookvale  
Lifeline Harbour to Hawkesbury Sydney, 4 Park Avenue, Gordon  
KYDS, Rear 265 Pacific Highway, Lindfield  
Mona Vale Memorial Hall, 1 Park Street, Mona Vale  
Seaforth Village Community Centre Meeting Room, 550 Sydney Rd