

## Group Programs Current Listing for 2019

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 Emma 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.

8 Feb – 29 Mar 10.30am – 12.30pm Fridays, Mona Vale  
10 May – 28 June 10.30am – 12.30pm Fridays, 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.

13 March – 19 June 2:00pm – 4:00pm Wednesdays  
26 Aug – 9 Dec 12:30pm – 2:30pm Mondays

#### **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.

Begins Feb 10.30am – 12.30pm Wednesdays, Balgowlah

#### **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.

25 Feb – 24 June 10.00am – 12pm Mondays, Balgowlah  
25 Feb – 24 June 9:30am – 11:30am Mondays, Gordon } OR  
3:00pm – 5:00pm Mondays, Gordon }

#### **Managing Your Mood (Adolescents, 14-18 YO) – 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.

21 Feb – 20 June 4:00pm – 6:00pm Thursdays, KYDS Lindfield  
18 Feb – 24 June 4:00pm – 6:00pm Mondays, KYDS Hornsby  
21 Feb – 20 June 5.30pm – 7.30pm Thursdays, Balgowlah

### Information & Inquiries – All Other Groups

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

#### **ECLIPSE Group – Day Program**

Eclipse is a support group for adults who have survived a suicide attempt.

4 Apr – 30 May 12:00pm – 2:00pm Thursdays  
22 Aug – 10 Oct 12:00pm – 2:00pm Thursdays

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

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

15 May – 19 June 6.30pm – 8.30pm Wednesdays  
16 Oct – 20 Nov 6.30pm – 8.30pm Wednesdays

#### **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.

25 Jun – 27 Aug 2:00pm – 4:00pm Tuesdays

#### **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.

5 March – 30 Apr 10:00am – 12:00pm Tuesdays  
22 Oct – 17 Dec 10:00am – 12:00pm 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.

14 March – 9 May 7:00pm – 9:00pm Thursdays  
8 Aug – 26 Sept 7:00pm – 9:00pm 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, 7:00pm – 9:00pm.

### Venues

**Balgowlah**  
**Gordon**  
**Hornsby**  
**Lindfield**  
**Mona Vale**

Lifeline Northern Beaches, 310 Sydney Rd, Balgowlah  
Lifeline Harbour to Hawkesbury, 4 Park Avenue, Gordon  
KYDS, 1st Floor, 248-252 Peats Ferry Road, Hornsby  
KYDS, Rear 265 Pacific Highway, Lindfield  
Mona Vale Memorial Hall, 1 Park Street, Mona Vale