

# Group Programs 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.

3 August – 29 Sept 10.30am – 12.30pm Fridays, Mona Vale  
26 October – 14 Dec 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.

7 March – 20 June 2pm – 4pm Wednesdays  
3 Sep – 17 Dec 12:30 – 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 August 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.

23 July – 12 Nov 10.00am – 12pm Mondays, Balgowlah  
6 August – 26 Nov 9:30am – 11:30am **OR** 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.

2 Aug – 29 Nov 4pm – 6pm Thursdays, Lindfield  
6 Aug – 3 Dec 4pm – 6pm Mondays, KYDS Hornsby  
9 Aug – 6 Dec 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**



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

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

9 May – 13 June 6.30pm – 8.30pm Wednesdays  
17 Oct – 21 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.

10 July – 11 Sept 9am – 11am 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.

1 May – 26 June 10am – 12pm Tuesdays  
16 Oct – 11 Dec 10am – 12pm 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.

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, 7pm - 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</b>	KYDS, 1st Floor, 248-252 Peats Ferry Road, Hornsby
<b>Lindfield</b>	KYDS, Rear 265 Pacific Highway, Lindfield
<b>Mona Vale</b>	Mona Vale Memorial Hall, 1 Park Street, Mona Vale