

Group Programs

Current Listing for 2020

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.

7 Feb – 17 Mar	10.30am – 12.30pm Fridays, Mona Vale
8 May – 26 Jun	10.30am – 12.30pm Fridays, Mona Vale
31 Jul – 18 Sep	10.30am – 12.30pm Fridays, Mona Vale
23 Oct – 11 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.

24 Mar – 30 Jun	2:00pm – 4:00pm Tuesdays, Gordon
24 Aug – 7 Dec	12:30pm – 2:30pm Mondays, Gordon

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 Mondays, Gordon
2 Mar – 29 Jun	10.00am – 12pm Mondays, Balgowlah
10 Aug – 30 Nov	9:30am – 11:30am Mondays, Gordon
10 Aug – 30 Nov	10.00am – 12pm Mondays, Balgowlah

Managing Your Mood (Adolescents, 14-18 YO) – Day/Evening

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

20 Feb – 18 Jun	4:00pm – 6:00pm Thursdays, KYDS Lindfield
20 Feb – 18 Jun	5.30pm – 7.30pm Thursdays, Balgowlah
6 Aug – 3 Dec	4:00pm – 6:00pm Thursdays, KYDS Lindfield

6 Aug – 3 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**

ECLIPSE Group – Day Program

Eclipse is an 8-week support group for adults who have survived a suicide attempt.

Dates to be confirmed

12:00pm – 2:00pm Fridays

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.

21 Jul – 22 Sep

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.

11 Feb – 7 Apr

10:00am – 12:00pm Tuesdays

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.

12 Mar – 30 Apr

7:00pm – 9:00pm Thursdays

13 Aug – 1 Oct

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 6 Feb, 7:00pm – 9:00pm.

Venues

Balgowlah
Gordon
Lindfield
Mona Vale

Lifeline Northern Beaches, 310 Sydney Rd, Balgowlah
Lifeline Harbour to Hawkesbury, 4 Park Avenue, Gordon
KYDS, Rear 265 Pacific Highway, Lindfield
Mona Vale Memorial Hall, 1 Park Street, Mona Vale