

## 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 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**

#### 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
9 Mar – 6 Jul	10.00am – 12pm Mondays, Balgowlah
10 Aug – 30 Nov	9:30am – 11:30am Mondays, Gordon
10 Aug – 30 Nov	10.00am – 12pm Mondays, Balgowlah
5 Aug – 18 Nov	1.30pm – 3.30pm Wednesdays, Ryde

#### Managing Your Mood (Young People, 14-18 yrs) – 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 – 25 Jun	5.30pm – 7.30pm Thursdays, Balgowlah
12 May – 8 Sep	5.30pm - 7.30pm Tuesdays, Avalon
6 Aug – 3 Dec	4:00pm – 6:00pm Thursdays, KYDS Lindfield
6 Aug – 3 Dec	5.30pm – 7.30pm Thursdays, Balgowlah

#### 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.

14 Feb – 3 Apr	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
11 Feb – 23 Mar	11.00am – 1.00pm Tuesdays, Cammeray
4 May – 22 Jun	11.00am – 1.00pm Mondays, Gidget House North Sydney

#### 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

## 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.

24 Jul – 11 Sep      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  
6 Oct – 1 Dec                      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**

<b>Avalon Youth Hub</b>	Early Childhood Centre Avalon Recreation Centre 59 Old Barrenjoey Rd
<b>Balgowlah</b>	Lifeline Northern Beaches, 310 Sydney Rd, Balgowlah
<b>Cammeray</b>	North Sydney Leagues Club, Abbott St, Ken Irvine West Room
<b>Gordon</b>	Lifeline Harbour to Hawkesbury, 4 Park Avenue, Gordon
<b>Lindfield</b>	KYDS, Rear 265 Pacific Highway, Lindfield
<b>Mona Vale</b>	Mona Vale Memorial Hall, 1 Park Street, Mona Vale
<b>North Sydney</b>	Gidget House, 34 McLaren St, North Sydney
<b>Ryde</b>	Community Mental Health Centre, 29-41 Fourth Avenue, Eastwood