

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.

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| 29 Jul – 16 Dec | 5.30pm – 7.30pm, Wednesdays, Zoom (18-25 yr olds) |
| 10 Aug – 30 Nov | 9.30am – 11:30am Mondays, Zoom |
| 10 Aug – 30 Nov | 10.00am – 12.00pm Mondays, Zoom |
| 2 Sep – 16 Dec | 10.00am – 12.00pm Wednesdays, Zoom |

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.

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| 6 Aug – 3 Dec | 4:00pm – 6:00pm Thursdays, KYDS Lindfield |
| 6 Aug – 3 Dec | 5.30pm – 7.30pm Thursdays, Zoom |
| Oct – Dec | Commence Term 4 – details to be advised |

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.

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| 12 Oct – 30 Nov | 10.00am – 12.00pm Mondays, Zoom (Gidget) |
| 22 Oct – 10 Dec | 10.30am – 12.30pm Thursdays, Zoom |

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.

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| 31 Aug – 14 Dec | 12:30pm – 2:30pm Mondays, Zoom |
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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 following a suicide attempt.

Dates to be determined

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.

28 Jul – 29 Sep 2:00pm – 4:00pm Tuesdays, Zoom

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.

6 Oct – 1 Dec 10:00am – 12:00pm Tuesdays, Zoom

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.

13 Aug – 1 Oct 7:00pm – 9:00pm Thursdays, Zoom

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 1st Thursday of each month, from 6 Feb, 7:00pm – 9:00pm, Zoom

Venues

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