

LIFELINE HARBOUR TO HAWKESBURY GROUP PROGRAMS 2021

Group	Content	Date & Time	Length	Location	Pre meeting	Cost & Referral
<u>Being Mums</u>	For mothers with babies (up to 1-year-old) who are feeling stressed at times and are finding it hard to cope.	Thursday 10:30am-12:30pm 4 Feb – 25 Mar / 29 Apr – 17 Jun / 22 Jul – 9 Sep / 14 Oct – 2 Dec	8 weeks	Mona Vale	Yes	\$0. Mental health triage form (GP / Psychiatrist)
<u>ECLIPSE</u>	A support group for adults (18+) after a recent suicide attempt. Additional external support is essential to attending.	Friday 12:00-2:00pm 24 Jul – 10 Sep	8 weeks	Gordon	Yes	\$0. Self-referral
<u>Family As Motivators: Hoarding</u>	For family / carers of a person with Hoarding Disorder, focusing on how to support your loved one while also managing your own wellbeing.	Wednesday 2:00-4:00pm 21 Jul – 22 Sep	10 weeks	Gordon	Yes	\$0. GP Mental Health Care Plan
<u>Hoarding Treatment Program</u>	A group program and individual therapy sessions for people who can't stop accumulating possessions and have persistent difficulty parting with their things.	HTG13 Tuesday 2:00-4:00pm 23 Mar – 29 Jun HTG14 Monday 12:30-2:30pm 23 Aug – 6 Dec	15 weeks	Gordon	Yes	\$0. Referral variable. Contact for information.
<u>Managing Your Mood – Adolescent</u>	A DBT skills group for adolescents (14-18) who are struggling with distressing feelings and thoughts, or are experiencing symptoms of anxiety or depression.	Thursday 11 Feb – 10 Jun 29 Jul – 25 Nov Tuesday 4:30-6:30pm 9 Feb – 30 Mar	16 weeks 8 weeks	Lindfield & Balgowlah Avalon / Zoom continues	No	\$0. Mental health triage form (GP / Psychiatrist)
<u>Managing Your Mood – Adult</u>	A DBT skills group for adults (18+) who are struggling with distressing feelings and thoughts, or are experiencing symptoms of anxiety or depression.	Monday 1 Mar – 5 Jul 9 Aug – 29 Nov 9:30-11:30am 10:00am-12:00	16 weeks	Gordon & Balgowlah	No	\$0. Mental health triage form (GP / Psychiatrist)
<u>REACH Depression Bipolar Support</u>	An educational support group developed by the Black Dog Institute for people with a mood disorder. It focuses on strategies for managing your illness and increasing well-being.	Tuesday 10:00am-12:00pm 9 Feb – 6 Apr 5 Oct – 30 Nov	9 weeks	Gordon	Yes	\$30 for the book. Contact for referral information.
<u>Suicide Bereavement Support Group</u>	For anyone over 18 who is bereaved by suicide. It is a safe and confidential group run by experienced facilitators. Pre-registration essential.	Thursday 7:00-9:00pm 11 Mar – 29 Apr 9 Sep – 28 Oct	8 weeks	Gordon	No	\$0. Self-referral
<u>Suicide Bereavement Support Group - Monthly</u>	All participants – new and old – welcome at this once-a-month open group. Content reflects the particular needs of the participants on the day.	1 st Thursday of month, 7-9pm Feb–Dec	Monthly F2F	Gordon	No	\$0. Self-referral