

Group	Content	Date & Time	Length	Location	Pre meeting	Cost & Referral
Being Mums	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 10 Feb – 31 Mar 28 Apr – 16 Jun	8 weeks	Mona Vale	Yes	\$0. Mental health triage form (GP / Psychiatrist)
Eclipse	A support group for adults (18+) after a recent suicide attempt. Additional external support is essential to attending.	Thursday 1:00-3:00pm 1 Mar – 19 Apr	8 weeks	Gordon	Yes	\$0. Self-referral
Family As Motivators: Hoarding	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 TBA	10 weeks	Gordon	Yes	\$0. GP Mental Health Care Plan
Hoarding Treatment Program	A group program and individual therapy sessions for people who can't stop accumulating possessions and have persistent difficulty parting with their things.	HTG14 Monday 12:30-2:30pm 28 Feb – 13 Jun	15 weeks	Gordon	Yes	\$0. Referral variable. Contact for information.
Managing Your Mood – Adolescent	A DBT-informed skills group for adolescents (14-18) who are struggling with distressing feelings and thoughts, or are experiencing symptoms of anxiety or depression.	Thursday 17 Feb – 16 Jun 5.00-7.00pm 5.30-7.30pm	16 weeks	KYDS Lindfield Headspace Brookvale	No	\$0. Mental health triage form (GP / Psychiatrist)
Managing Your Mood – Adult	A DBT-informed skills group for adults (18+) who are struggling with distressing feelings and thoughts, or are experiencing symptoms of anxiety or depression.	Monday 28 Feb – 4 Jul 9:30-11:30am 10:00am-12:00	16 weeks	Gordon Seaforth	No	\$0. Mental health triage form (GP / Psychiatrist)
	A 4-week longer duration of this group, for Young Adults aged 18-25 years.	Thursday 28 Apr – 8 Sep 5.30-7.30pm	20 weeks	Chatswood	No	
REACH Depression Bipolar Support	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 15 Feb – 12 Apr 2 Aug – 27 Sep	9 weeks	Gordon	Yes	\$30 for the book. Contact for referral information.
Suicide Bereavement Support Group	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 10 Mar – 28 Apr 8 Sep – 27 Oct	8 weeks	Gordon	No	\$0. Self-referral
Suicide Bereavement Support Group - Monthly	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 3 rd Thursday of month 7-9pm	Monthly	Gordon Zoom	No	\$0. Self-referral