

Group Programs

Current Listing 2022

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 the Sydney North Primary Health Network.

For information or enquiries, please contact Group Services on:
02 8287 1158 or phngroups.coordinator@lifelineh2h.org.au

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.

28 Feb – 4 Jul 9:30am – 11:30am Monday, Gordon
28 Feb – 4 Jul 10.00am – 12.00pm Monday, Seaforth
17 May – 6 Sept 1.00pm – 3.00pm Tuesday, Gordon
17 May – 30 Aug 5.30pm – 7.30pm Tuesday, Chatswood (18-25 yrs)
1 Aug – 28 Nov 9:30am – 11:30am Monday, Gordon
1 Aug – 21 Nov 10:00am – 12:00pm Monday, Seaforth

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.

17 Feb – 16 Jun 5:00pm – 7:00pm Thursday, KYDS Lindfield
17 Feb – 16 Jun 5.30pm – 7.30pm Thursday, Brookvale
28 Jul – 8 Dec 5:00pm – 7:00pm Thursday, KYDS Lindfield
28 Jul – 8 Dec 5:30pm – 7:30pm Thursday, Brookvale

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.

10 Mar – 28 Apr 10.30am – 12.30pm Thursday, Mona Vale
23 Jun – 11 Aug 10:30am - 12:30pm Thursday, Mona Vale
20 Oct – 8 Dec 10:30am – 12:30pm Thursday, 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.

28 Feb – 13 Jun 12:30pm – 2:30pm Monday, Gordon

Information & Inquiries – All Other Groups

For information or enquiries about the following groups, please contact
Clinical Services Coordinator on **02 8287 1126**

ECLIPSE Group– Day Program

Eclipse is an 8-week support group for Adults following a suicide attempt.

1 Mar – 19 Apr 1:00pm – 3:00pm Tuesday, Gordon

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.

8 Aug – 17 Oct 12:30pm – 2:30pm, Monday, 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.

15 Feb – 12 Apr 10:00am – 12:00pm Tuesday, Gordon
2 Aug – 27 Sep 10:00am – 12:00pm Tuesday, Gordon

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.

7 Jul – 25 Aug 7:00pm – 9:00pm Thursday, Gordon
8 Sep – 27 Oct 7:00pm – 9:00pm Thursday, Gordon

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, 1st Thursday of each month, 7:00pm – 9:00pm, Gordon
Monthly, 3rd Thursday of each month 7.00pm-9.00pm, Zoom

Venues

Chatswood	Dougherty Community Centre, Chatswood
Brookvale	Headspace Brookvale, Meeting 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
Seaforth	Seaforth Village Community Centre Meeting Room