

Group	Content	Date & Time	Length	Location	Cost & Referral
<b>Being Mums</b>	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 Mar – 28 Apr 23 Jun – 11 Aug 20 Oct – 8 Dec	8 weeks	Mona Vale	\$0. Mental health triage form (GP / Psychiatrist)
<b>Eclipse</b>	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	\$0. Self-referral
<b>Family As Motivators: Hoarding</b>	For family / carers of a person with Hoarding Disorder, focusing on how to support your loved one while also managing your own wellbeing.	Monday 8 Aug – 17 Oct 12:30-2:30pm	10 weeks	Gordon	\$0. GP Mental Health Care Plan
<b>Hoarding Treatment Program</b>	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	\$0. Referral variable. Contact for information.
<b>Managing Your Mood – Adolescent</b>	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 / 28 Jul – 8 Dec 5.00-7.00pm 5.30-7.30pm	16 weeks	KYDS Lindfield Headspace Brookvale	\$0. Mental health triage form (GP / Psychiatrist)
<b>Managing Your Mood – Adult</b>	A DBT-informed skills group for adults (18+) who are struggling with distressing feelings and thoughts, or are experiencing symptoms of anxiety or depression.  Young Adults aged 18-25 years.	Monday 28 Feb – 4 Jul / 1 Aug – 28 Nov 9:30-11:30am 10:00am-12:00	16 weeks	Gordon Seaforth	\$0. Mental health triage form (GP / Psychiatrist)
		Tuesday 17 May – 30 Aug 5.30-7.30pm	16 weeks	Chatswood	
<b>REACH Depression Bipolar Support</b>	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	\$30 for the book. Contact for referral information.
<b>Suicide Bereavement Support Group</b>	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 7 July – 25 Aug 8 Sep – 27 Oct	8 weeks	Gordon	\$0. Self-referral
<b>Suicide Bereavement Support Group - Monthly</b>	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 <sup>st</sup> Thursday of month, 7-9pm  3 <sup>rd</sup> Thursday of month 7-9pm	Monthly	Gordon  Zoom	\$0. Self-referral