<table>
<thead>
<tr>
<th>Group</th>
<th>Content</th>
<th>Date &amp; Time</th>
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| 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 Mar – 28 Apr  
23 Jun – 11 Aug  
20 Oct – 8 Dec | 8 weeks | Mona Vale       | $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          | $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. | Monday 8 Aug – 17 Oct  
12:30-2:30pm | 10 weeks | Gordon          | $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          | $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 / 28 Jul – 8 Dec  
5:00-7:00pm  
5:30-7:30pm | 16 weeks | KYDS Lindfield  
Headspace Brookvale | $30 for the book. Contact for referral information. |
| 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.  
Young Adults aged 18-25 years. | Monday 28 Feb – 4 Jul / 1 Aug – 28 Nov  
9:30-11:30am  
10:00am-12:00  
Tuesday 17 May – 30 Aug  
5:30-7:30pm | 16 weeks | Gordon Seafort  
Chatswood        | $0. Mental health triage form (GP / Psychiatrist) |
| 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  
| 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  
7 July – 25 Aug  
8 Sep – 27 Oct | 8 weeks | Gordon          | $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<sup>st</sup> Thursday of month, 7-9pm  
3<sup>rd</sup> Thursday of month 7-9pm | Monthly | Gordon Zoom     | $0. Self-referral                                    |