Group Programs
Current Listing 2023
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.

6 - 27 Mar (pre-group) 9:30am – 11:30am Monday, Gordon
3 Apr – 31 Jul 9:30am – 11:30am Monday, Gordon
6 - 27 Mar (pre-group) 9:30am – 11:30am Monday, Seaford
3 Apr – 31 Jul 9:30am – 11:30am Monday, Seaford
14 Mar – 27 Jun 5:30pm – 7.30pm Tuesday, Chatswood (18-25 yrs)
14 Aug – 4 Dec 9:30am – 11:30am Monday, Gordon
14 Aug – 4 Dec 9:30am – 11:30am Monday, Seaford

Managing Your Mood (Young People, 14-18 yrs) – Afternoon/Evening
A 16-week group for young people who are struggling with distressing feelings and thoughts, or are experiencing symptoms of anxiety or depression.

9 Feb – 22 Jun 5:00pm – 7:00pm Thursday, KYDS Lindfield
9 Feb – 22 Jun 5:30pm – 7.30pm Thursday, Brookvale
27 Jul – 7 Dec 5:00pm – 7:00pm Thursday, KYDS Lindfield
27 Jul – 7 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.

9 Feb – 30 Mar 10.30am – 12.30pm Thursday, Mona Vale
4 May – 22 Jun 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.

6 Mar – 26 Jun 12:30pm – 2:30pm Monday, Gordon
**ECLIPSE Group – Day Program**
Eclipse is an 8-week support group for Adults following a suicide attempt.

- 2 Mar – 20 Apr  1:00pm – 3:00pm Thursday, Gordon
- 28 Sep – 16 Nov 1:00pm – 3:00pm Thursday, 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.

- 14 Aug – 23 Oct  12:30pm – 2:30pm, Monday, Gordon

**REACH Depression/Bipolar Group – Day Program**
The REACH 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.

- 7 Mar – 2 May 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.

- 9 Feb – 30 Mar  7:00pm – 9:00pm Thursday, Gordon
- 14 Sep – 2 Nov  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

**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