

## Hoarding Treatment Group

Does this sound like you...

- Unable to stop accumulating things?
- Finding it difficult to let go of possessions?
- Rooms so full of clutter that you're no longer able to use them?



### We can help

Run by experienced psychologists, Lifeline Harbour to Hawkesbury's Hoarding Program combines individual counselling sessions and a 15-week group therapy program

### The Course Details....

**2023 Group:** 6 March – 26 June, Mondays 12:30pm – 2:30pm

**Location:** 4 Park Ave, Gordon

**Facilitators:** Psychologists, Simone Isemann and Jeanette Svehla

**Cost:** Covered by a Mental Health Care Plan from your GP / PHN Triage Referral

**Contact:** Phone 8287 1158  
Email: [PHNgroups.coordinator@lifelineh2h.org.au](mailto:PHNgroups.coordinator@lifelineh2h.org.au)  
Website: [www.lifelineh2h.org.au](http://www.lifelineh2h.org.au)