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.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 - 27 Mar (pre-group)</td>
<td>9:30am – 11:30am</td>
<td>Monday, Gordon</td>
</tr>
<tr>
<td>3 Apr – 31 Jul</td>
<td>9:30am – 11:30am</td>
<td>Monday, Gordon</td>
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<tr>
<td>6 - 27 Mar (pre-group)</td>
<td>9:30am – 11:30am</td>
<td>Monday, Seaford</td>
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<tr>
<td>3 Apr – 31 Jul</td>
<td>9:30am – 11:30am</td>
<td>Monday, Seaford</td>
</tr>
<tr>
<td>14 Mar – 27 Jun</td>
<td>5:30pm – 7:30pm</td>
<td>Tuesday, Chatswood (18-25 yrs)</td>
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<tr>
<td>14 Aug – 4 Dec</td>
<td>9:30am – 11:30am</td>
<td>Monday, Gordon</td>
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<td>Monday, Seaford</td>
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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.

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<thead>
<tr>
<th>Dates</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>16 Feb – 22 Jun</td>
<td>5:00pm – 7:00pm</td>
<td>Thursday, KYDS Lindfield</td>
</tr>
<tr>
<td>16 Feb – 22 Jun</td>
<td>5:30pm – 7:30pm</td>
<td>Thursday, Brookvale</td>
</tr>
<tr>
<td>27 Jul – 7 Dec</td>
<td>5:00pm – 7:00pm</td>
<td>Thursday, KYDS Lindfield</td>
</tr>
<tr>
<td>27 Jul – 7 Dec</td>
<td>5:30pm – 7:30pm</td>
<td>Thursday, Brookvale</td>
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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.

<table>
<thead>
<tr>
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<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>9 Feb – 30 Mar</td>
<td>10.30am – 12.30pm</td>
<td>Thursday, Mona Vale</td>
</tr>
<tr>
<td>4 May – 22 Jun</td>
<td>10.30am – 12.30pm</td>
<td>Thursday, Mona Vale</td>
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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.

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<thead>
<tr>
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<th>Location</th>
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</thead>
<tbody>
<tr>
<td>6 Mar – 26 Jun</td>
<td>12:30pm – 2:30pm</td>
<td>Monday, Gordon</td>
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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, L2/1A Cross St, Brookvale

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, 550 Sydney Rd