Lifeline
Harbour to Hawkesbury
Sydney

Group Programs
Current Listing 2025

Information & Inquiries – PHN Funded Groups

Lifeline   phn NORTHERN SYDNEY   SYDNEY NORTH Primary Health Network

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 groupservices@lifelineh2h.org.au

NOTE: All PHN Funded groups require a referral from a GP/Medical Practitioner

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.

3 Mar – 30 Jun	9:30am – 11:30am Monday, Gordon
17 Mar – 14 Jul	9:30am – 11:30am Monday, Seaforth
11 Mar – 24 Jun	5:30pm – 7:30pm Tuesday, Chatswood (18-25 yrs)
23 Apr – 6 Aug	4.30pm – 6.30pm Wednesday, Marsfield
16 May – 29 Aug	1:00pm – 3:00pm Friday, Hornsby
4 Aug – 24 Nov	9:30am – 11:30am Monday, Gordon
4 Aug – 24 Nov	9:30am – 11:30am Monday, Seaforth
12 Aug – 25 Nov	5.30pm – 7.30pm Tuesday, Chatswood (18-25 yrs)

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.

26 Feb – 2 Jul	5:00pm – 7:00pm Wednesday, Hornsby
25 Feb – 1 Jul	5.00pm – 7.00pm Tuesday, Brookvale
30 Jul – 3 Dec	5:00pm – 7:00pm Wednesday, Hornsby
31 Jul – 4 Dec	5:00pm – 7:00pm Thursday, Chatswood

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.

27 Feb – 10 Apr	10:30am – 12:30pm, Thursday, Mona Vale
19 Jun – 7 Aug	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.

7 Apr – 28 Jul	12:30pm – 2:30pm Monday, Gordon

ECLIPSE Group– Evening Program

Eclipse is an 8-week support group for adults following a suicide attempt.

19 May – 14 Jul	6:00pm – 8:00pm Monday, Gordon
13 Oct – 1 Dec	6:00pm – 8:00pm Monday, Gordon

ECLIPSE Monthly Group – Monthly Evening Group

All participants – new and old – welcome at this once-a-month <u>open</u> group. Pre-registration essential.

Monthly, 1st Monday of each month, 6:00pm – 8:00pm, Gordon

REACH Depression/Bipolar Group– Evening/Day Program

9-week educational support group program developed by the Black Dog Institute for individuals with depression or bipolar, focusing on strategies for managing symptoms and increasing wellbeing.

12 Mar – 7 May	5.00pm – 7.00pm Wednesday, Gordon
24 Sep – 19 Nov	5.00pm – 7.00pm Wednesday, 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 <u>closed</u> group run by experienced facilitators. Pre-registration essential.

13 Mar – 1 May	7:00pm – 9:00pm Thursday, Gordon
21 Aug – 9 Oct	7:00pm – 9:00pm Thursday, Gordon

Suicide Bereavement Support Group – Monthly Evening Group

All participants – new and old – welcome at this once-a-month <u>open</u> group. Pre-registration preferred but not essential. Content reflects the needs of the participants on the day.

Monthly, 1st Thursday of each month, 7:00pm – 9:00pm, Gordon

Hope Program for Supporters – Day Program

A support program providing a safe and confidential space for relatives or friends who care for a person who is struggling with suicidal thoughts or actions.

2 May – 6 Jun	12:00pm – 1:30pm Friday, Chatswood

Venues

Chatswood	YESS, 47 Hercules St, Chatswood
Gordon	Lifeline Harbour to Hawkesbury Sydney, 4 Park Avenue, Gordon
Hornsby	Hornsby Library Meeting Room 2, 28-44 George Street, Hornsby
Marsfield	Marsfield Community Centre, Main Hall, 1A Trafalgar Pl, Marsfield
Mona Vale	Mona Vale Memorial Hall, 1 Park Street, Mona Vale
Seaforth	Seaforth Village Community Centre Meeting Room, 550 Sydney Rd