

## Group Programs Current Listing 2025

### 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 [groupservices@lifelineh2h.org.au](mailto: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
3 Mar – 30 Jun	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.

12 Feb – 25 Jun	5:00pm – 7:00pm Wednesday, Hornsby
11 Feb – 24 Jun	5.00pm – 7.00pm Tuesday, Brookvale
30 Jul – 3 Dec	5:00pm – 7:00pm Wednesday, Hornsby
29 Jul – 2 Dec	5:00pm – 7:00pm Tuesday, 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.

13 Feb – 3 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
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## Information & Inquiries – Lifeline H2HS Groups

For information or enquiries about the following groups, please contact Group Services on **02 8287 1158**

### **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 open group. Pre-registration essential.

Monthly, 1<sup>st</sup> 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

10 Sep – 5 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 closed 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 open group. Pre-registration preferred but not essential. Content reflects the needs of the participants on the day.

Monthly, 1<sup>st</sup> Thursday of each month, 7:00pm – 9:00pm, Gordon

### **Carers Support Group – Monthly Group**

A support group for relatives or friends who care for a person who is struggling with suicidality or has made a suicide attempt.

Monthly, 3<sup>rd</sup> Tuesday of each month, 5:30pm – 7:30pm, **Online Meeting**

## **Venues**

**Chatswood**  
**Brookvale**  
**Gordon**  
**Hornsby**  
**Marsfield**  
**Mona Vale**  
**Seaforth**

YESS, 47 Hercules St, Chatswood  
Headspace Brookvale, Meeting Room, L2/1A Cross St, Brookvale  
Lifeline Harbour to Hawkesbury Sydney, 4 Park Avenue, Gordon  
Hornsby Library Meeting Room 2, 28-44 George Street, Hornsby  
Marsfield Community Centre, Main Hall, 1A Trafalgar Pl, Marsfield  
Mona Vale Memorial Hall, 1 Park Street, Mona Vale  
Seaforth Village Community Centre Meeting Room, 550 Sydney Rd