

Group Programs

Current Listing 2026

PHN Funded Groups



The following groups have been made possible thanks to funding from the Sydney North Primary Health Network.

For more information, 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.

2 Mar – 29 Jun	9:30am – 11:30am Monday, Gordon
2 Mar – 29 Jun	9:30am – 11:30am Monday, Seaforth
17 Mar – 30 Jun	5:30pm – 7:30pm Tuesday, Chatswood (18-25 yrs)
4 Mar – 17 Jun	4:30pm – 6:30pm Wednesday, Marsfield

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.

4 Feb – 17 Jun	4:30pm – 6:30pm Wednesday, Hornsby
5 Feb – 18 Jun	5:15pm – 7:15pm 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.

12 Feb – 2 Apr	10:30am – 12:30pm Thursday, Mona Vale
23 Apr – 11 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.

16 Mar – 6 Jul	12:30pm – 2:30pm Monday, Gordon
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Lifeline H2HS Groups

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ECLIPSE Group – Evening Program

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

18 May – 13 Jul 6:00pm – 8:00pm Monday, Gordon

12 Oct – 7 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 - 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.

25 Feb – 22 Apr 5:00pm – 7:00pm Wednesday, Gordon

2 Oct – 27 Nov 10:00am – 12:00pm Friday, 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.

10 Mar – 28 Apr 6:00pm – 8:00pm Tuesday, Gordon

12 Aug – 30 Sep 6:00pm – 8:00pm Wednesday, 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 - 1st Thursday of each month 7:00pm – 9:00pm Thursday, Gordon

Hope Program for Supporters – Day Program

A 6-week 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.

Dates To Be Confirmed 2026 11:00am – 1:00pm Monday, Chatswood

Venues	Chatswood Gordon Hornsby Marsfield Mona Vale Seaforth	YESS, 47 Hercules St, Chatswood 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
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