

## 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](mailto: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.

6 - 27 Mar (pre-group)	9:30am – 11:30am Monday, Gordon
3 Apr – 31 Jul	9:30am – 11:30am Monday, Gordon
6 - 27 Mar (pre-group)	9:30am – 11:30am Monday, Seaforth
3 Apr – 31 Jul	9:30am – 11:30am Monday, Seaforth
14 Mar – 27 Jun	5.30pm – 7.30pm Tuesday, Chatswood (18-25 yrs)
14 Aug – 4 Dec	9:30am – 11:30am Monday, Gordon
14 Aug – 4 Dec	9:30am – 11:30am Monday, Seaforth

#### **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.

16 Feb – 22 Jun	5:00pm – 7:00pm Thursday, KYDS Lindfield
16 Feb – 22 Jun	5.30pm – 7.30pm Thursday, Brookvale
27 Jul – 7 Dec	5:00pm – 7:00pm Thursday, KYDS Lindfield
27 Jul – 7 Dec	5:30pm – 7:30pm Thursday, 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.

9 Feb – 30 Mar	10.30am – 12.30pm Thursday, Mona Vale
4 May – 22 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.

6 Mar – 26 Jun	12:30pm – 2:30pm Monday, Gordon
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## Information & Inquiries – All Other Groups

For information or enquiries about the following groups, please contact  
Clinical Services Coordinator on **02 8287 1126**

### **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**  
**Brookvale**  
**Gordon**  
**Lindfield**  
**Mona Vale**  
**Seaforth**

Dougherty Community Centre, Chatswood  
Hearspace Brookvale, Meeting Room, L2/1A Cross St, Brookvale  
Lifeline Harbour to Hawkesbury, 4 Park Avenue, Gordon  
KYDS, Rear 265 Pacific Highway, Lindfield  
Mona Vale Memorial Hall, 1 Park Street, Mona Vale  
Seaforth Village Community Centre Meeting Room, 550 Sydney Rd