

LIFELINE HARBOUR TO HAWKESBURY SYDNEY GROUP PROGRAMS 2023

Group	Content	Date & Time	Length	Location	Cost & Referral
Being Mums	For mothers with babies (up to 1 year old) who are feeling stressed at times and are finding it hard to cope.	Thursday 10:30am-12:30pm 15 Jun – 3 Aug 19 Oct – 7 Dec	8 weeks	Mona Vale	\$0. PHN Mental health triage form (GP / Psychiatrist)
Eclipse	A support group for adults (18+) after a recent suicide attempt. Additional external support is essential to attending.	Wednesday 6 – 8pm 3 May – 28 June 28 Sept – 16 Nov	8 weeks	Gordon	\$0. Self-referral
Family As Motivators: Hoarding	For family / carers of a person with Hoarding Disorder, focusing on how to support your loved one while also managing your own wellbeing.	Monday 12:30-2:30pm 14 Aug – 23 Oct	10 weeks	Gordon	\$0. GP Mental Health Care Plan
Hoarding Treatment Program	A group program and individual therapy sessions for people who can't stop accumulating possessions and have persistent difficulty parting with their things.	HTG15 Monday 12:30-2:30pm 6 Mar – 26 Jun	15 weeks	Gordon	\$0. PHN Mental health triage form (GP / Psychiatrist)
Managing Your Mood – Adolescent	A DBT-informed skills group for adolescents (14-18) who are struggling with distressing feelings and thoughts, or are experiencing symptoms of anxiety or depression.	Thursday 9 Feb – 22 Jun 27 Jul – 7 Dec 5.00-7.00pm 5.30-7.30pm	16 weeks	KYDS Lindfield Brookvale	\$0. PHN Mental health triage form (GP / Psychiatrist)
Managing Your Mood – Adult	A DBT-informed skills group for adults (18+) who are struggling with distressing feelings and thoughts, or are experiencing symptoms of anxiety or depression. Young Adults aged 18-25 years.	Monday MYM Group 14 Aug-11 Dec 9:30-11:30am Tuesday 5.30-7.30pm 14 Mar – 27 Jun 1 Aug – 21 Nov	16 weeks 16 weeks	Gordon/Seaforth Chatswood	\$0. PHN Mental health triage form (GP / Psychiatrist)
REACH Depression Bipolar Support	An educational support group developed by the Black Dog Institute for people with a mood disorder. It focuses on strategies for managing your illness and increasing well-being.	Tuesday 10:00am-12:00pm 7 Mar – 2 May 10 Oct – 5 Dec	9 weeks	Gordon	\$25 for the book. Contact for referral information.
Suicide Bereavement Support Group	For anyone over 18 who is bereaved by suicide. It is a safe and confidential group run by experienced facilitators. Pre-registration essential.	Thursday 7:00-9:00pm 9 Feb – 30 Mar 14 Sep – 2 Nov	8 weeks	Gordon	\$0. Self-referral
Suicide Bereavement Support Group - Monthly	All participants – new and old – welcome at this once-a-month open group. Content reflects the particular needs of the participants on the day.	1 st Thursday of month, 7-9pm	Monthly	Gordon	\$0. Self-referral