Group Programs
Current Listing 2024

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.

- 4 Mar – 01 Jul  9:30am – 11:30am Monday, Gordon
- 4 Mar – 01 Jul  9:30am – 11:30am Monday, Seaforth
- 12 Mar – 25 Jun 5:30pm – 7:30pm Tuesday, Chatswood (18-25 yrs)
- 5 Aug – 25 Nov 9:30am – 11:30am Monday, Gordon
- 5 Aug – 25 Nov 9:30am – 11:30am Monday, Seaforth
- 6 Aug – 19 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.

- 15 Feb – 20 Jun 5:00pm – 7:00pm Thursday, KYDS Lindfield
- 15 Feb – 20 Jun 5:30pm – 7:30pm Thursday, Brookvale
- 1 Aug – 5 Dec  5:00pm – 7:00pm Thursday, KYDS Lindfield
- 1 Aug – 5 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.

- 8 Feb – 28 Mar  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.

- 8 Apr – 22 Jul  12:30pm – 2:30pm Monday, Gordon
ECLIPSE Group – Evening Program
Eclipse is an 8-week support group for adults following a suicide attempt.

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<th>Dates</th>
<th>Time</th>
<th>Location</th>
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<tr>
<td>20 May – 15 Jul</td>
<td>6:00pm – 8:00pm</td>
<td>Monday, Gordon</td>
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<td>14 Oct – 2 Dec</td>
<td>6:00pm – 8:00pm</td>
<td>Monday, Gordon</td>
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ECLIPSE Monthly Group – Monthly Evening Group
All participants – new and old – welcome at this once-a-month open group. Pre-registration essential.

Monthly, 2nd Monday of each month, 6:00pm – 8:00pm, 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.

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<td>12 Aug – 21 Oct</td>
<td>12:30pm – 2:30pm</td>
<td>Monday, Gordon</td>
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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.

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<tr>
<td>24 Apr – 19 Jun</td>
<td>5:00pm – 7:00pm</td>
<td>Wednesday, Gordon</td>
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<tr>
<td>4 Oct – 29 Nov</td>
<td>10:00am – 12:00pm</td>
<td>Friday, Gordon</td>
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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.

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<tr>
<td>29 Feb – 18 Apr</td>
<td>7:00pm – 9:00pm</td>
<td>Thursday, Gordon</td>
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<td>8 Aug – 26 Sept</td>
<td>7:00pm – 9:00pm</td>
<td>Thursday, Gordon</td>
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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, 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.

Venues

- **Chatswood**: YESS, 47 Hercules St, Chatswood
- **Brookvale**: Headspace Brookvale, Meeting Room, L2/1A Cross St, Brookvale
- **Gordon**: Lifeline Harbour to Hawkesbury Sydney, 4 Park Avenue, Gordon
- **Lindfield**: KYDS, Rear 265 Pacific Highway, Lindfield
- **Mona Vale**: Mona Vale Memorial Hall, 1 Park Street, Mona Vale
- **Seaforth**: Seaforth Village Community Centre Meeting Room, 550 Sydney Rd