

# Managing Your Mood - Skills Group for Adults

GORDON & SEAFORTH 2026



- *Are you struggling with distressing feelings and thoughts?*
- *Are you experiencing symptoms of anxiety and depression?*
- *Do you want to learn skills and strategies to more effectively manage your feelings and your relationships?*

**Lifeline is offering 16-week psychological skills groups, covering the following:**

- **Mindfulness skills** – to stay focused on the present moment
- **Emotion Regulation skills** – to deal with intense negative emotions and develop emotional coping strategies
- **Distress Tolerance skills** – to effectively deal with painful emotions and situations
- **Interpersonal Effectiveness skills** – for assertive communication and building relationships

**Who can attend?** If you live, work or study in Northern Sydney or the Northern Beaches and have mild to moderate mental health issues, you may be eligible to attend.

**How much does the group cost?** FREE with the appropriate referral.

## 2026 Skills Group Dates

**Adult Group (18+ years)**

Monday 9:30-11:30am, **2 Mar – 29 Jun**, at Lifeline Harbour to Hawkesbury Sydney, **Gordon**

Monday 9:30-11:30am, **2 Mar – 29 Jun**, at **Seaforth** Village Community Centre

*Before a place in the group can be confirmed you must have a PHN Mental Health Triage referral from your doctor AND a copy of your Mental Health Treatment Plan, submitted to the SNHN for processing.*



For more information, contact Lifeline H2HS Group Services:

☎ 8287 1158

✉ [groupservices@lifelineh2h.org.au](mailto:groupservices@lifelineh2h.org.au)

🖱 [www.lifelineh2hsydney.org.au](http://www.lifelineh2hsydney.org.au)

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