

Group Programs Current Listing **2024**

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 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.

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| 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.

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| 15 Feb – 20 Jun | 5:00pm – 7:00pm Thursday, KYDS Lindfield |
| 13 Feb – 18 Jun | 5:00pm – 7:00pm Tuesday, Brookvale |
| 1 Aug – 5 Dec | 5:00pm – 7:00pm Thursday, KYDS Lindfield |
| 30 Jul – 3 Dec | 5:30pm – 7:30pm Tuesday, 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.

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| 8 Feb – 28 Mar | 10.30am – 12.30pm Thursday, Mona Vale |
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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.

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| 8 Apr – 22 Jul | 12:30pm – 2:30pm Monday, Gordon |
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Information & Inquiries – Lifeline H2HS Groups

For information or enquiries about the following groups, please contact Group Services on **02 8287 1158**

ECLIPSE Group– Evening Program

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

20 May – 15 Jul 6:00pm – 8:00pm Monday, Gordon

14 Oct – 2 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, 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.

12 Aug – 21 Oct 12:30pm – 2:30pm, Monday, 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.

24 Apr – 19 Jun 5:00pm – 7:00pm Wednesday, Gordon

4 Oct – 29 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.

29 Feb – 18 Apr 7:00pm – 9:00pm Thursday, Gordon

8 Aug – 26 Sept 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 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
Brookvale
Gordon
Lindfield
Mona Vale
Seaforth

YESS, 47 Hercules St, Chatswood
Headspace Brookvale, Meeting Room, L2/1A Cross St, Brookvale
Lifeline Harbour to Hawkesbury Sydney, 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