

Group Programs

2027

Lifeline Harbour to Hawkesbury Sydney Groups

For more information, please contact Clinical Services on:

02 8287 1126 or **appointments@lifelineh2h.org.au**

ECLIPSE Group – Evening Program

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

17 May – 12 Jul

6:00pm – 8:00pm Monday, Gordon

11 Oct – 13 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 - 1st Monday of each month

6:00pm – 8:00pm Monday, Gordon

REACH Depression/Bipolar Group – 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.

16 Mar – 11 May

2:00pm – 4:00pm Tuesday, Gordon

7 Sep – 2 Nov

5:00pm – 7:00pm 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.

10 Mar – 28 Apr

6:00pm – 8:00pm Wednesday, Gordon

8 Sep – 27 Oct

6:00pm – 8:00pm Wednesday, 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

6:00pm – 8:00pm Thursday, Gordon

Hope Program for Supporters – Day Program

A 6-week support program providing a safe and confidential space for relatives or friends who care for a person who is struggling with suicidal thoughts or actions.

February 2027

Day/Time to be confirmed, Chatswood