

Group Programs

2026

Lifeline Harbour to Hawkesbury Sydney Groups

For more information, please contact Group Services on:
02 8287 1158 or groupservices@lifelineh2h.org.au

ECLIPSE Group – Evening Program

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

18 May – 13 Jul 6:00pm – 8:00pm Monday, Gordon

12 Oct – 7 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, 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.

11 Mar – 6 May 5:00pm – 7:00pm Wednesday, Gordon

16 Oct – 11 Dec 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.

10 Mar – 28 Apr 6:00pm – 8:00pm Tuesday, Gordon

12 Aug – 30 Sep 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.

15 Jun – 20 Jul 5:00pm – 7:00pm Monday, Chatswood