

Hoarding Treatment Group

Does this sound like you...

- Unable to stop accumulating things?
- Finding it difficult to let go of possessions?
- Rooms so full of clutter that you're no longer able to use them?



We can help

Run by experienced psychologists, Lifeline Harbour to Hawkesbury Sydney Hoarding Program combines individual counselling sessions and a 15-week group therapy program

The Course Details....

2026 Group: 16 March – 6 July, Mondays 12:30pm – 2:30pm

Location: 4 Park Ave, Gordon

Facilitators: Psychologists, Simone Isemann and Jeanette Svehla

Cost: Covered by a Mental Health Care Plan from your GP / PHN Triage Referral

Contact: Phone 8287 1158
Email: groupservices@lifelineh2h.org.au
Website: www.lifelineh2hsydney.org.au

Lifeline Harbour to Hawkesbury Sydney – supporting your community