

social groups

facilitated by Jo (she/her), our Peer Worker



dungeons & dragons

3:30-5:30pm
Every second Thursday

Join us on adventures throughout the D&D Multiverse

- beginners receive support and advice in character creation
- one-shot adventures, join in any week

Want to know more? Email us at headspaceengagement@gatewayhealth.org.au



headspace National Youth Mental Health Foundation is funded by the Australian Government

Ages 12 - 17



You do not need to be a participant of headspace to be involved



Dungeons and Dragons

Join our D&D group! Beginner-friendly, one-shot sessions.

We have two groups who meet every second Thursday during school terms.

12-17 yos: 4pm-5:30pm

18-25 yos: 6pm-8pm

facilitated by Belle (they/them), our Youth Pride Coordinator



Queer Connections

A social group for LGBTQIASSB+ people aged 18-25. It's a safe, relaxed, and informal space to hang out and connect with other LGBTQIASSB+ young people in the community.



Qrew

A social group for LGBTQIASSB+ young people aged 12-17. It's a safe, relaxed, and informal space to hang out and connect with other LGBTQIASSB+ young people in the community.



how to register interest

We have one form that lets you register interest for one, more, or all of our social groups!



Interest registration form



Privacy & consent form

You can also ask us for physical copies of this registration form.

**Interested in learning more about our groups first?
Contact us!**



1300 332 022



headspaceengagement@gatewayhealth.org.au



nest@gatewayhealth.org.au



STARTTS - social groups and supports for young people from refugee and migrant backgrounds



STARTTS young adults youth group

For young people aged 18-25, this safe and inclusive youth group is for young people from migrant and refugee backgrounds who are looking to make social connections in Albury and Wodonga. Some activities include sport, art, cinemas, picnics, hiking, swimming and more!

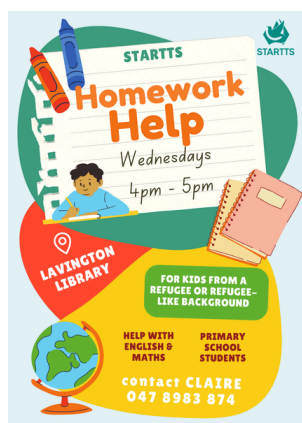
Call Divine for more information: 0452 094 293



STARTTS youth group

For young people under 18, this safe and inclusive youth group is for young people from migrant and refugee backgrounds who are looking to make friends in Albury and Wodonga. Sport, activities, and transport are all provided.

Call Claire for more information: 0478 983 874



STARTTS homework help

Are you a young person of Primary School age, looking for support with your homework?

STARTTS have volunteers who can help you with English and Maths.

Call Claire for more information: 0478 983 874



STARTTS study sessions

STARTTS offer study sessions for High School Students of Refugee background.

In these encouraging, inclusive sessions, you can bring your own homework and assignments to study with other students of refugee backgrounds, or ask STARTTS volunteers to help you.

Call Claire for more information: 0478 983 874

Join our youth reference group!



Are you passionate about the mental health and wellbeing of young people?

We're looking for people aged 16-25 to join our Youth Reference Group.

Advocate for the young people within your communities & make a difference by getting involved in youth-focused fun events and projects!



What you do

- Attend monthly meetings (snacks included!)
- Plan and run youth-friendly events, activities and programs
- Represent headspace at local events
- Participate in professional & personal development (if you want to!)
- Tell us what young people are concerned about, want and need (most important!)
- Assist our clinical team to ensure headspace stays youth-focused
- Connect with like-minded young people



What we can do for you

- Provide free professional & personal development training opportunities
- Give you experience working within a large health organisation
- Support your skills development & knowledge of event & project planning, group collaboration, communicating effectively & advocacy
- We will cover all reasonable travel costs for events you attend
- We will provide reimbursement for your time when you undertake tasks outside of your YRG role (such as sitting on an interview panel)
- Support you in achieving your advocacy goals!

ready to become a leader for youth?

Have your voice heard in the community & connect with likeminded peers by joining today!



Check out our website, socials or scan the QR code to apply



local youth spaces

Looking for a fun, safe space to hang out with your friends, or to create new connections? Your local youth hubs are your go-to!



The Hive Youth Resource Centre

Chill Out is a drop-in activity at the Hive Youth Resource Centre suitable for young people aged 12 to 17 years. Activities and afternoon tea provided.



329 Griffith Rd, Lavington NSW 2641



Retro Youth Programs - Retro Lane Cafe

For youth aged 12-24! Events, hangouts, and activities to connect, grow, and have fun. Join us for Friday nights, Youth Week, and more.



QEII Square, 525 Swift St, Albury NSW 2640



Windbreak 3690

A space created for young people & informed by young people Tuesdays and Thursdays- 3:30-6pm. Activities like pool, switch, instruments, art, low-sensory space and more.



198A High St, Wodonga VIC 3690



Alpine Shire Youth

Are you a young person living or working within the Alpine Shire, looking for opportunities to create connections and join in on fun activities?



(03) 5755 0555



ydo@alpineshire.vic.gov.au



Indigo Shire Youth

Are you a young person living or working within the Indigo Shire, looking for opportunities to create connections and join in on fun activities?



Follow their socials!



youth@indigoshire.vic.gov.au





Upper Murray Youth Working Group

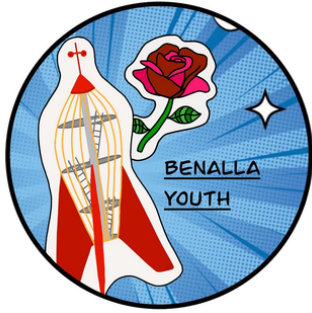
Their program enables people 12-25 to have greater control over their lives through participation where young people take on valued roles, address issues that are relevant to them, influence real outcomes & create opportunities.



0428 449 248



Admin@corryongnc.org



Benalla Youth (wots4me)

Events, activities and opportunities for young people in Benalla Rural City.



Follow their socials!



council@benalla.vic.gov.au



Synergy Youth Hub & Wang Youth

Are you a young person living or working within Wangaratta or surrounds, looking for opportunities to create connections and join in on fun activities?



29 Flanagan Street, Wangaratta



Mondays from 3.30-5.30



Lighthouse

Are you a young person living or working within the Alpine Shire, looking for opportunities to create connections and join in on fun activities, or even searching for a space to study with friends?



1 Railway Avenue, Bright



Wednesdays and Thursdays 3-5.30pm

