



headspace
Ballarat



Join our Family and Friends Reference Group

Do You Support a Young Person?

We'd love to hear from you!

headspace Ballarat is inviting parents, carers, teachers, coaches, and other supporters to join our Family & Friends Reference Group.

This volunteer advisory group partners with headspace staff to help strengthen services for young people and their families.

Get involved in:

- Enhancing headspace services
- Advocating for young people and families
- Training and development opportunities
- Flexible online and face-to-face activities

To apply, you must:

- Have lived experience supporting a young person (12–25) with mental health challenges
- Be passionate about youth mental health
- Be 18+ years old

A valid Working with Children Check is required.

Meetings are Bi-monthly (every two months)
Online | Tuesdays 7:30–8:30pm

Got any questions?

We are here to help you and answer any questions you have.

You can call us during opening hours, or email info@headspaceballarat.org.au
headspace Ballarat, Ph: 5304 4777



Scan the QR code
to learn more

