Youth Reference Group

# Groups running @ headspace Maitland

The Youth Reference Group are young members of our community who are passionate advocates for youth mental health and wellbeing. Their role is to ensure that our centre remains youth-friendly!

TGIF!

TGIF! Is a weekly youth group that meet every Friday from 4pm here at headspace Maitland. It’s a social space and a great way to meet people in the community!

Mental health carer support group

Do you care for a family member with a mental illness? Meet with other carers each month for social support and information sharing. They meet on the 3rd Thursday of every month from 10am to 12pm!

All 4 One

All 4 One is headspace Maitland’s LGBTQ+ support group. They meet every last Wednesday of the month from 3.30pm-5pm. Young people aged 16-25 and who are questioning, identify within the LGBTQ+ community or know someone who is and would like to support them, we welcome you!

Bubs Club

Bubs Club is our young parents support group that is help fortnightly on Thursdays from 1pm-2.30pm here at headspace. This is for any young parent aged under 25.

Give us a call on 4931 1000 or drop a line to [headspacemaitland@samaritans.org.au](mailto:headspacemaitland@samaritans.org.au) for more info and to book yourself in!