

Volunteer with YRG

Shellharbour and Kiama Youth Reference Group is a volunteer space for young people aged 15-25 who are passionate about youth mental health.

As a YRG member you will:

- **connect with others likeminded young people and develop new skills**
- **Share your perspective on our service, programs and processes**
- **run and participate in activities and events in local schools and the community that promote youth mental health**

Volunteer with YRC

About our meetings

When:

**We meet fortnightly on a Tuesday from
4:30pm-6:00pm**

Where:

headspace Shellharbour

**AND we host and participate in activities in
the Shellharbour and Kiama communities**

Interested? Scan to let us know you're keen!

<https://forms.office.com/r/Z9fUPpa2Q1>

