



Youth groups @ headspace Maitland

TGIF!

Our TGIF youth group is open for young people aged 12-25 who are looking to meet likeminded people in a safe and supported environment. Learn more about self-care & mental health in a fun and inclusive way!

ALL 4 ONE

All 4 One is our social support group for young people aged 16-25 who are questioning or identify within the LGBTIQ community. The group meets every second Wednesday, so give us a call on 4931 1000 to see when it's on next!

Maitland Bubs Club

Bubs Club is a social support group for young parents aged under 25 in the Hunter region. Parents meet every second Thursday between 1pm-2.30pm for a chilled afternoon full of chatting, playing and of course, laughing!

Youth Reference Group

Our Youth Reference Group are a bunch of passionate, dedicate and creative young people who are keen on making a difference at our center! Sounds like something you'd be interested in joining?



Give us a call on 4931 1000 or drop a line at headspacemaitland@samaritans.org.au for more info!