



headspace
National Youth Mental Health Foundation

Parents and Carers

Monthly Social Support Group

Are you the Parent or Carer of a young person between the age of 12 - 25 years who is affected by Mental Health?

Come along to **headspace Maitland's** monthly social support group for a cuppa and a chat!

It can be helpful to meet other Parents and Carers going through a similar situation to your own. The Parents & Carers group is for you to share stories and strategies and to have a voice in regards to the services available at **headspace Maitland**. The group is free to attend and morning tea is provided.

Registrations are essential - please email or call Laura at headspace Maitland to book a place.



When

Once a month

Where

headspace Maitland 73 Elgin Street, Maitland

Contact

Laura Hanlon - Community Awareness and Engagement Officer

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