

# what's on at headspace?



Here are just a few of the programs, activities and events that are held at headspace Maitland each month.



## Motivation Modays

**Motivation Mondays** are our social group for young people aged 12-25 who would like to meet like-minded people in our community.

Held during school terms, the group meet each Monday afternoon from 4pm-5pm for:

- > Cooking classes
- > Art & crafts (think macrame, tie dyeing, DIY sensory items)
- > Physical wellness and movement

Get involved by emailing [headspacemaitland@samaritans.org.au](mailto:headspacemaitland@samaritans.org.au) or call 4931 1000 and speak to us!



## Services Australia

Luke from [Services Australia](#) joins us every second Wednesday to support young people with government services and payments. Call us on 4931 1000 to book an appointment to discuss things like Youth Allowance, Job Seeker and Medicare.



## Thursday's general & sexual health clinic

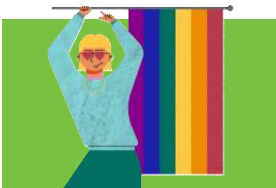
Our nurse, Jen and Dr. Rob are in on Thursday's to provide young people with free sexual and general health check-ups and tests. All of our health check-ups are bulk billed - just bring your medicare card along!

## Art Therapy

## Art Therapy @ Maitland

Lisa sees young people on Thursday's to increase their ability to understand and manage their feelings, self-worth & relationships through art.

Call us about referrals to see Lisa!



## 27 April - All 4 One LGBTQIA+ group

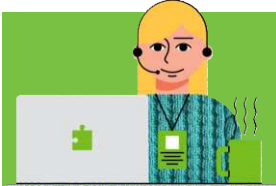
All 4 One is headspace Maitland's social group for young people aged 12-25 who are questioning or identify within the LGBTQIA+ community.

Young people aged 12-15 require parent/carer consent to attend.



## Aboriginal and Torres Strait Islander Youth Services

Todd is our Aboriginal psychologist and is available every second Friday by appointment for counselling and support.



## Intake & Assessment

These guys will be your first port of call! After booking an appointment with us you will have a meeting with one of our amazing Early Intervention Mental Health Clinicians. They'll listen to what's going on and talk to you about what help is available.



## Therapeutic Family counselling

Taipu assists families where young people are experiencing mental health problems. This may also include domestic violence and alcohol and other drug support.

## Drug & Alcohol

## Drug & Alcohol counselling

**Betty** provides support for young people who would like to quit or cut down on their alcohol or drug use. She is at **headspace** Maitland on Wednesdays each fortnight.