



# headspace albury wodonga youth reference group

## Join us in 2020

**Have your say and direct youth mental health services.**

**Raise awareness about mental health and advocate for young people.**

**Make a difference in our region.  
Meet and work with young people who are passionate about youth mental health.**

## who we are

Young people aged 16-25.

Represent a diverse community from New South Wales and Victoria.

## what we do

Engage and connect with the local community.  
Help young people learn new ways to handle tough times.

Plan and deliver VIBE youth wellness festival.

## want more info

If this sounds like something for you contact Bree at headspace, we will keep you updated about our 2020 info session.

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