

**MOMENTUM**  
YOUTH HOUSING

# Momentum Youth Housing Service

The Momentum Youth Housing Service assists young people who are homeless or at risk of homelessness.



# Momentum assists young people aged 17 to 25 years to find and keep stable and safe accommodation, to build skills for independent living and to improve health and wellbeing.

Momentum staff support young people to:

- enhance relationships with families and friends
- work on personal goals
- overcome challenges with drugs and alcohol
- connect with education and employment
- build positive relationships with landlords and real estate agents
- secure private rental accommodation
- navigate Centrelink and other government services
- access our transitional housing program

**Call us on (02) 5632 4021**  
**Monday to Friday 9am – 4pm**  
**Groundworks Youth Centre**  
**22 Earl Street Coffs Harbour**  
**(in the Community Village)**

If you need crisis or after-hours assistance please call:

Link2home	1800 152 152
Kids Helpline	1800 551 800
Lifeline	13 11 14
Parentline	1300 301 300

If you need interpreter assistance please call 1300 652 488.



**MID COAST  
COMMUNITIES**  
Where everyone belongs!