

In-Person Peer Support



What is In-Person Peer Support?

The In-Person Peer Support (IPPS) program provides an opportunity for carers to share their experience of being an unpaid carer, learn from others, develop self-care skills and create a supportive network in a safe environment.

IPPS groups can provide a sense of empowerment, understanding and reduce feelings of social isolation.

Current locations around Perth metro.
*Alternate weeks **Once a month.



Thornlie

Thornlie Park Centre
Mondays | 10.00am - 12.00pm

Mullaloo

Whitfords Public Library
Mondays* | 1.00pm - 3.00pm

Spearwood

Spearwood Library
Mondays* | 1.00pm - 3.00pm

Melville

AH Bracks Library - Melville Rec Centre
Tuesdays* | 10.30am - 12.30pm

Armadale

Champion Centre
Tuesdays* | 1.00pm - 2.30pm

Bassendean

Bassendean Library
Wednesdays* | 10.00am - 12.00pm

Mirrabooka

Sudbury Community House
Wednesdays* | 10.30am - 12.30pm

Online

Via Zoom
Wednesdays* | 1.00pm - 2.30pm

Bentley

Hillview Intercultural Community Centre
Thursdays | 10.00am - 12.00pm

Warnbro

Pembroke Court - 18 Pembroke Court
Thursdays | 10.30am - 12.00pm

Mandurah

Lakelands Library
Thursdays** | 1.00pm - 3.00pm

LGBTQIA+

Tom Dadour Community Centre
Thursdays* | 2.00pm - 3.30pm

Joondalup

Joondalup Family Centre
Fridays | 10.00am - 12.00pm

Eligibility

Must have completed a Carer Gateway planning session

Cost

Free Tea & coffee provided

For more information please contact **1300 227 377**

www.carerswa.asn.au