

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

Cockburn

Coolbellup Community Hub
Mondays* | 1.00pm-2.30pm

Armadale

Champion Centre
Tuesdays* | 1.00pm-2.30pm

Ellenbrook

Ellenbrook Community Resource Centre
Tuesdays* | 10.00am-11.30am

Bassendean

Bassendean Library
Wednesdays* | 10.00am-12.00pm

Online

Via MS Teams
Thursdays* | 1.00pm-2.30pm

Mirrabooka 1

Sudbury Community House
Wednesdays* | 10.30am-12.30pm

Mirrabooka 2

Sudbury Community House
Tuesdays* | 1.00pm-3.00pm

Bentley

Hillview Intercultural Centre
Thursdays* | 10.00am-12.00pm

Mandurah

WOTSO FlexSpace
Thursdays** | 1.00pm-3.00pm

Rockingham

Rockingham Library
Thursdays* | 10.30am-12.00pm

Joondalup

Joondalup Public Library
Fridays* | 10.00am-12.00pm

Online Carers Neurodiverse Children

Via MS Teams
Wednesdays* | 1.00pm-2.30pm

Men's Group

Palms Community Centre
Thursdays* | 12.30pm-2.30pm

Pride

Palms Community Centre
Thursdays** | 12.30pm-2.30pm

YOD & Dementia IPPS

**Mondays alternating locations

Thornlie

Thornlie Park Centre
10.00am-12.00pm

Maylands

Eighth Avenue Social
10.00am-12.00pm

Joondalup Parent Carers

Joondalup Public Library
Fridays* | 10.00am-12.00pm

Kalamunda

Jack Healey Centre
Fridays* | 12.30pm-2pm

Eligibility - Must have completed a Carer Gateway planning session

YOD (Young Onset Dementia)

Cost
Free
Tea & coffee
provided