

# 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 (all locations except Mandurah) \*\*Once a month (Mandurah)



### Thornlie

Thornlie Park Centre  
Mondays\* | 10.00am - 12.00pm

### Online

Via Zoom  
Wednesdays\* | 1.00pm

### Mullaloo

Whitfords Public Library  
Mondays\* | 1.00pm - 3.00pm

### Bentley

Hillview Intercultural Community Centre  
Thursdays\* | 10.00am - 12.00pm

### Cockburn

Coolbellup Community Hub  
Mondays\* | 1.00pm - 2.30pm

### Rockingham

Rockingham Library  
Thursdays\* | 10.30am - 12.00pm

### Melville

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

### Mandurah

Lakelands Library  
Thursdays\*\* | 1.00pm - 3.00pm

### Armadale

Champion Centre  
Tuesdays\* | 1.00pm - 2.30pm

### Joondalup

Joondalup Family Centre  
Fridays\* | 10.00am - 12.00pm

### Bassendean

Bassendean Library  
Wednesdays\* | 10.00am - 12.00pm

### Men's Group

Cleaver Street & Co.  
Tuesdays\* | 10.30am - 12.30pm

### Mirrabooka 1

Sudbury Community House  
Wednesdays\* | 10.30am - 12.30pm

### Mirrabooka 2

Sudbury Community House  
Tuesdays\* | 1.00pm - 3.00pm

## 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](http://www.carerswa.asn.au)