

# 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

Sister Project Community Hub  
Tuesdays\* | 10.00am-12.00pm

### 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 RN-

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

### Maylands YOD & Dementia

Eighth Avenue Social  
Thursdays\*\* | 10.00am-12.00pm

### Thornlie YOD & Dementia

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

### Joondalup Parent Carers

Joondalup Public Library  
Fridays\* | 10.00am-12.00pm

### Kalamunda

Jack Healy Centre  
Fridays\* | 1.00pm-2.30pm

**Eligibility - Must have completed a Carer Gateway planning session**

YOD (Young Onset Dementia)

**Cost**  
Free  
Tea & coffee  
provided