

# In-Person Peer Support Regional and Online

## 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 available to regional carers.  
\*Alternate weeks \*\*Monthly.



### Manjimup

Manjimup Home & Community Care  
Mondays\* | 10.00am-12.00pm

### Esperance

Escare  
Tuesdays\* | 10.00am-11.30am

### Online

Via MS Teams  
Thursdays\* | 1.00pm-2.30pm

### Online Carers Neurodiverse Children

Via MS Teams  
Wednesdays\* | 1.00pm-2.30pm

### Greenhead

Leeman & Greenhead Community Resource Centre  
Tuesdays\* | 10.30am-12.00pm

### Boyup Brook

Boyup Brook Community Resource Centre  
Wednesdays\* | 10.00am-12.00pm

### Nannup

Nannup Community Resource Centre  
Fridays\*\* | 10.00am-12.00pm

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

For more information please contact

**IPPS@carerswa.asn.au** or **1300 227 377**

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**Cost**  
Free  
Tea & coffee  
provided