

A large, stylized yellow leaf graphic with a thick outline, positioned in the top left corner of the purple background.

MIFWA's Parent Peer Support Program is the first of its kind in Australia, and MIFWA acknowledges the critical role of COMIC WA and its convener Margaret Cook for her vision, passion and insight that led to the development of the program.



For more information, contact the MIFWA Parent Peer Support Program on 9237 8900 or info@mifwa.org.au

Scan QR code for referral form



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Parent Peer Support A peer-led program

Supporting you as you navigate parenting while building your mental wellness and recovery





About Parent Peer Support

If you're a parent experiencing mental health challenges, it's natural you might doubt your capacity to manage and lead your family while managing your mental health. It's OK to acknowledge you need extra help and support.

MIFWA's Parent Peer Support program is a free home visiting service that provides you with a peer worker who is a parent with lived experience of mental health challenges and understands the demands and responsibilities of parenting.

Your peer worker will walk alongside you as you navigate ways to build your mental wellness and recovery. Together you'll develop a trusting and respectful working relationship, and you'll be given information, education, and support.

Our person-centered approach means your support is tailored to your personal needs, including developing strategies to help build your self-esteem, confidence, and resilience. With your peer worker, you can create a personalised achievable goal plan.

How we can help you

We support you in an environment where you're comfortable, and help you engage in community, social and recreational activities. We also provide referrals for additional community support services.

With a peer worker walking alongside you in your recovery, you can achieve the following and so much more:

- Manage and prioritise self-care
- Learn ways to reduce stress and anxiety
- Learn about relaxation techniques
- Improve your health and fitness
- Improve your daily living skills
- Improve communication with others
- Attend supportive groups for educational purposes and self-development
- Set and maintain suitable boundaries
- Learn to apply healthy coping strategies for parenting and problem solving

We know recovery is different for everyone, so we use a strength-based, person-centered approach to support and work alongside you. This approach is part of our commitment to help you identify your concerns and issues, and work with you to achieve your goals and focus on your wellness journey.