mifwa
supporting mental wellness + recovery

Carers Coffee Club

Our casual coffee clubs give carers of people experiencing mental health challenges a chance to socialise with other carers and carer peer workers in a relaxed atmosphere. Take a break from your caring role and meet some new friends!

North » Darch

1st Thursday of the month

10.30am to 12pm

Full Flava Café
Kingsway Darch Shopping Centre
225 Kingsway Rd, Darch

caroline.wood@mifwa.org.au

East » Midland

2nd Monday of the month

6.30pm to 8pm

Midland Tavern
23 Cale St, Midland

caroline.wood@mifwa.org.au

South West » Mandurah

3rd Thursday of the month

10am to 11.30pm

Seven Trees Coffee
11 Galbraith Loop, Falcon

robyn.stone@mifwa.org.au

Central South » East Fremantle

4th Tuesday of the month

10am to 11.30am

Dome Café
26 Riverside Road, Fremantle

robyn.stone@mifwa.org.au

Coffee clubs are not held on public holidays.

Hosted by MIFWA Carer Services

mifwa.org.au

Carers Coffee Club

The MIFWA Carers Coffee Clubs are a place for carers to cultivate friendships, build informal networks and receive information about support relevant to the caring role. It's a place to do an everyday activity like having a coffee and knowing that others understand.

Below are some guidelines for our coffee clubs, to ensure everyone attending gets the most out of the catch-up.

- This event is for those in a caring role for a family or friend experiencing mental health issues and not for those that you support.
- Confidentiality – what is said in at coffee club stays at coffee club.
- MIFWA staff and volunteers reserve the right to utilise Protective Interrupting, for example when the details of an individual's sharing may impact negatively on other participants and themselves.
- Please respect each other by accepting their experiences and differences and each other's capacity to solve their own problems.
- Please aim to speak with respect about the person you care for and be mindful of their privacy when sharing.
- Please be aware of your level of sharing for your own safety and that of others. For example, limit details regarding self-harm, suicide, assaults or medical procedures.
- Please respect each other's time and allow time for everyone to contribute.
- We value the importance of being heard and validated. Please allow others to problem solve and seek their own solutions.
- We encourage you to share information about services and supports that have helped you and the person you care for. Advice giving is discouraged.
- We respect your ability to self-manage and if you become distressed, take a break if you need to. Please tell MIFWA staff or volunteer if you need support. You are encouraged to complete a personal safety or wellness plan.
- MIFWA recognises that carers may need to be connected to more appropriate services.
- No pets, thank you. A suitably trained assistance animals may accompany their handler.
- During MIFWA programs you cannot sell items or promote businesses.
- MIFWA staff are not allowed to accept gifts.
- Attendees pay for their own food and drinks.

Public Holidays

Carer Coffee Club does not run on Public Holidays.

If you have any question:

Contact our Carer Support Team at carersupport@mifwa.org.au or 9237 8900.