

Mandurah Peer Support Groups



A peer support group offers a space, whether online or in person, for people to come together and provide mutual support based on shared life experiences.

Joining a peer support group is a great way to connect with your community, share information and ideas, discuss important topics, and learn from others who have faced similar challenges.



Group Name	Description	Contact details
BlindSpot Support Group	An occupational therapist-led group offers support for people with a vision impairment to share experiences, welcoming friends, family, support workers, and carers to participate.	info@visability.com.au visability.com.au 08 9311 8202
Breast Cancer Care WA	Breast Cancer Care WA groups provide a safe space for women navigating breast cancer, meeting monthly with a counselor facilitating discussions. Early Breast Cancer and Metastatic Support Groups in Mandurah.	triage@breastcancer.org.au breastcancer.org.au 08 9324 3703
Blue Bird Mental Health	A free, confidential peer support service for adults 25+ experiencing anxiety and depression in Mandurah.	info@bluebird.org.au bluebird.org.au
Carer Support Group - Alzheimer - Mandurah	Carer Support Group for carers who are caring for a loved one living with dementia in the community.	support@alzheimerswa.org.au alzheimerswa.org.au 1300 66 77 88
Carers WA - Linking Together Mandurah	Linking Together Social Support group allow members to catch up and meet other carers in their local community.	socialsupport@carerswa.asn.au carerswa.asn.au/carers-wa-services/social-support/social-support-events/ 08 9228 7458

Group Name	Description	Contact details
The Compassionate Friends	The Compassionate Friends is a charity supporting bereaved parents, siblings, and grandparents who have lost a child.	tcfmandurah@bigpond.com tcfmandurah.com.au
Headspace	Sprinkles – peer support group for LGBTQIA+ young people aged 12-25. Art Therapy Group – facilitated by an art therapist. Mandurah Family, Friends, and Carers peer support group.	hello@headspaceman.com.au 08 9544 5900
Helping Minds	Support group for carers of loved ones with mental health challenges, providing a safe space to explore strategies and find support.	cyfs@helpingminds.org.au 08 9427 7100
Invisible Illnesses Inc.	A registered not-for-profit in-person support group in WA. Peer support network groups and casual cuppa sessions.	Michelle Greenwood mandurah@invisibleillnesses.com.au invisibleillnesses.org.au
Lip Reading Group	Weekly Lip-Reading group for people with hearing loss, family, friends, and anyone interested in improving communication with them.	Contact the Seniors Centre on 08 9550 3799 or seniors@mandurah.wa.gov.au

Group Name	Description	Contact details
Koolbardies Talking	Women's friendship circle, bringing together Aboriginal and Non-Aboriginal women.	louise.helfgott@gmail.com
Mandurah Breast Cancer Social Support Group	Breast Cancer Social Support Group in the Peel area offering monthly facilitated meetings to members with Breast Cancer.	mandurahangels1@gmail.com
Mandurah CoderDojo	A community coding club for Neurodivergent young people in Peel catering to all skill levels.	Michelle Wong michelle@bustaburpee.com.au
Mandurah Fillipino Australian Multicultural INC	Support group for cultural, linguistically diverse backgrounds. Friendly and welcoming place to socialise through cooking, crafting and Zumba.	mfamci@yahoo.com mfamci.com 0414 739 188
Mandurah Peer Support Network	A welcoming environment for local Peer Support Groups and organisations to connect, share information, and access training.	info@connectgroups.org.au 08 9364 6909
Mandurah Prostate Cancer Support Group	For men and families looking for support and knowledge, when dealing with a new diagnosis of Prostate Cancer.	mandurah.pcsq@gmail.com mandurahprostate.com.au Peter Leafe 0475 674 417 or Peter Ryall 0408 943 262
Matt's Walking Group	A walking group led by people with disability meeting for coffee afterwards.	Matthew Sims esprit@midwaycc.com.au

Group Name	Description	Contact details
Mental Illness Fellowship of WA (MIFWA)	Informal coffee club for carers of a person impacted by mental illness meets the third Thursday of each month.	Robyn Stone 08 9247 8900 Robyn.stone@mifwa.org.au
Ostomy Support Group	Providing educational and peer support to people who have an ostomy, their families and friends.	lorriegrays07@yahoo.com.au waostomy.org.au
Peel ADHD Parent Support	Connecting parents and carers with support, resources and information for raising children with ADHD.	Shenae or Susan peeladhdparents@outlook.com.au peeladhdparentsupport.org
Play 2 Talk	Playdates and peer support for families in Mandurah and nearby areas with children facing communication and social interaction challenges.	Play2talksocial@gmail.com
Pride in Peel	Provide coffee catch ups that are welcoming and inclusive for LGBTIQ+ community.	president@prideinpeel.com.au 0405 509 788
RippleAbility – In-Person Peer Support	Designed for carers, offering a space to share, learn and find support.	info@rippleability.org Rippleability.org/ peersupport
Side by Side - Mandurah	A group that supports and connects families with children experiencing behaviour which could be seen as challenging.	Maggie.visser@ddwa.org.au Ddwa.org.au/services
Unsteady Hand Mob	Artistic gatherings and social events for people with Parkinson's disease and their partners.	Sue Edge noosemum@gmail.com

Group Name

Description

Contact details

Village Morning Tea

An inclusive community morning tea at the Lakelands Library and Community Centre. Everyone is welcome for a chat, peer support and arts and crafts.

communityaccess@diversitysouth.org.au

XYY Syndrome Association of Australia Inc.

This group connects males born with XYY syndrome and their families and supports the community to have a positive understanding of XYY syndrome.

xyyaustralia@gmail.com
facebook.com/xyyaustralia.org
xyyaustralia.org



City of Mandurah

PO Box 210, Mandurah WA 6210

council@wa.gov.au

mandurah.wa.gov.au

08 9550 3777

If you need help to speak or listen on the phone you can use the National Relay Service on 1300 555 727.

For more information visit:

relayservice.gov.au

This information is available in alternative formats on request.



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MANDURAH**