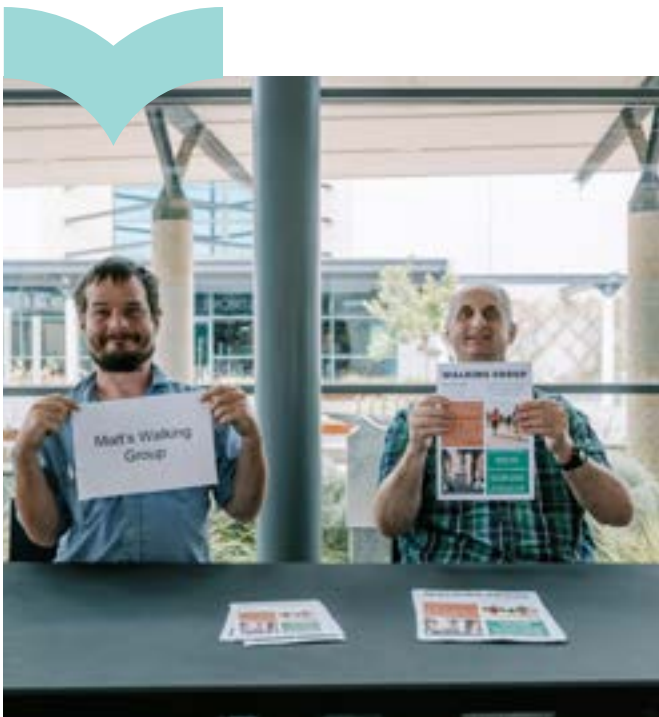


A peer support group is where people get together either online or in-person to provide support to each other because of similar experiences or circumstances in their life.

Joining a peer support group is a great way to build connections in your community, share information and ideas, talk about things that are important to you, and learn from others who have similar experiences to yourself.



\* The City of Mandurah uses person first language (i.e. a person with disability) and acknowledges the preference of identify first language of the autistic community.

### City of Mandurah

PO Box 210, Mandurah WA 6210  
[council@wa.gov.au](mailto:council@wa.gov.au)  
[mandurah.wa.gov.au](http://mandurah.wa.gov.au)  
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](http://relayservice.gov.au)

This information is available in alternative formats on request.



Information current as of March 2022

# Peer-Led Support Groups in Mandurah



Group Name	Description	Contact info
Au-Some Women	Support group for autistic women and teen girls. *	Natalie Garmson - 0411 615 641 <a href="mailto:admin@mandurahndcentre.com">admin@mandurahndcentre.com</a> <a href="http://www.mandurahndcentre.com">www.mandurahndcentre.com</a>
Inclusive Mandurah	A community group that values diversity and inclusion for all and provides a platform for raising awareness of inclusive activities and events to the community. The group meets bi-monthly to network and share ideas.	Aaron Spice <a href="mailto:Aaron.Spice@apm.net.au">Aaron.Spice@apm.net.au</a> <a href="http://www.facebook.com/inclusivemandurah">www.facebook.com/inclusivemandurah</a>
Invisible Illnesses Inc.	A registered not-for-profit in-person support group in WA.	Michelle Greenwood <a href="mailto:mandurah@invisibleillnesses.com.au">mandurah@invisibleillnesses.com.au</a> <a href="http://www.invisibleillnesses.org.au">www.invisibleillnesses.org.au</a>
Mandurah Peer Facilitator Network	Support for facilitators of peer support groups in Mandurah. Access to online and in-person meetings to share ideas and information to strengthen capacity as a peer group facilitator.	Debra Rankin <a href="mailto:Debra@valuedlives.org.au">Debra@valuedlives.org.au</a>
Matt's Walking Group	An inclusive walking group led by local people with disability on Mondays and Wednesdays to walk along the Foreshore finishing at a local café for morning tea.	Matthew Sims <a href="mailto:esprit@midwaycc.com.au">esprit@midwaycc.com.au</a>
PEAS – Parent Endless Abilities Support	Monthly peer support meeting for parents who have a son or daughter with disability. This group also organises cooking classes for people with disability and their support workers.	Tracey Smith - 0403 810 091 <a href="mailto:traceysmithy2@msn.com">traceysmithy2@msn.com</a>
Peel ADHD Parent Support	Connecting parents and carers with support, resources and information for raising children with ADHD.	Shenae or Susan <a href="mailto:peeladhdparents@outlook.com.au">peeladhdparents@outlook.com.au</a> <a href="http://www.peeladhdparentsupport.org">www.peeladhdparentsupport.org</a>
Play 2 Talk	For carers and families in Mandurah and surrounds who have unique little people in their lives who have difficulties in communicating and socialising. Play dates for children and peer support opportunities for parents and carers.	Amber Gilkes and Nicole Radcliffe <a href="mailto:Play2talksocial@gmail.com">Play2talksocial@gmail.com</a>
Side by Side - Mandurah	Side by Side is a program which supports and connects families experiencing behaviour which could be seen as challenging.	Maggie <a href="mailto:Maggie.visser@ddwa.org.au">Maggie.visser@ddwa.org.au</a> <a href="http://ddwa.org.au/services">ddwa.org.au/services</a>
Unsteady Hand Mob	Fortnightly creative workshops, weekly boxing group and a monthly luncheon for people with Parkinson's and partners.	Sue Edge <a href="mailto:noosemum@gmail.com">noosemum@gmail.com</a>
Village Morning Tea	Morning tea, crafts, connection and support for parents and carers of children with disability and people with disability every fortnight at the Lakelands Library.	Wendy King <a href="mailto:wendyk@connecting4kids.com.au">wendyk@connecting4kids.com.au</a>
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.	Amber Gilkes (Chairperson) <a href="mailto:xyyaustralia@gmail.com">xyyaustralia@gmail.com</a> <a href="http://www.facebook.com/xyyaustralia.org">www.facebook.com/xyyaustralia.org</a> <a href="https://xyyaustralia.org">https://xyyaustralia.org</a>