

Mandurah Peer Support Groups

Building connections through shared
experiences



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 experiences.



Group Name	Description	Contact details
BlindSpot Support Group	Occupational therapist-led group supporting people with vision impairment, welcoming friends, family, support workers, and carers.	info@visability.com.au visability.com.au 08 9311 8202
Breast Cancer Care WA	A safe space for women with breast cancer, with monthly counselor-led discussions. Early Breast Cancer and Metastatic Support Groups in Mandurah.	triage@breastcancer.org.au breastcancer.org.au 08 9324 3703
Carer Support Group - Alzheimer - Mandurah	Carer Support Group for people caring for a loved one with dementia in the community.	support@alzheimerswa.org.au alzheimerswa.org.au 1300 66 77 88
Carers WA - Linking Together Mandurah	This group offers members the chance to connect and meet other carers in their local community.	socialsupport@carerswa.asn.au 08 9228 7458
Coffee Chat Time	Coffee morning for people with mental health conditions and their carers at Sharky's Restaurant, Dolphin Quay, Mandurah.	Kristina French tinajofrench@gmail.com
The Compassionate Friends	A charity supporting bereaved parents, siblings, and grandparents after the loss of a child.	tcfmandurah@bigpond.com tcfmandurah.com.au
Fraggle Farm	Providing a range of peer supports in Mandurah for neurodivergent children and adults. Coming to Mandurah in 2025.	contact@fragglefarm.com.au fragglefarm.com.au

Group Name	Description	Contact details
Headspace	Peer support for LGBTQIA+ youth (12-25), art therapy, and a group for family, friends, and carers of young people with mental health challenges in Mandurah.	hello@headspaceman.com.au 08 9544 5900
Helping Minds	Support group for carers of loved ones with mental health challenges, offering connection and support.	cyfs@helpingminds.org.au 08 9427 7100
Invisible Illnesses Inc.	Support group offering peer networks and casual cuppa sessions for people with invisible illnesses.	hello@invisibleillnesses.org.au invisibleillnesses.org.au
Kings Park Warriors	Peer support group for people with an acquired brain injury meets fortnightly in Mandurah, led by a facilitator.	simon@kingsparkabiwarriors.org.au kingsparkabiwarriors.org.au
Koolbardies Talking	Women's friendship circle, bringing together Aboriginal and Non-Aboriginal women.	louise.helfgott@gmail.com
Lip Reading Group	Weekly lip reading group for people with hearing loss, their families, and friends interested in improving communication with them.	Annettee Clarkson missiles@tufflebird.com 0405 128 303
Mandurah Angels Breast Cancer Social Support Group	A breast cancer social support group in the Peel area offering monthly meetings for members.	mandurahangels1@gmail.com

Group Name	Description	Contact details
Mandurah CoderDojo	A community coding club for Neurodivergent young people in Peel catering to all skill levels.	Michelle Wong michelle@bustaburpee.com.au
Mandurah Filipino Australian Multicultural Inc.	Support group for people from culturally and linguistically diverse backgrounds, offering a friendly space to socialise through cooking and crafting.	mfamci@yahoo.com mfamci.com 0414 739 188
Mandurah Parkinson's Support Group	Peer-led discussions for people with Parkinson's and their care partners over tea and coffee, held on the first Monday of the month from 1 to 3pm at Belswan Lifestyle Village.	Sue Edge noosemum@gmail.com
Mandurah Peer Support Network	A welcoming space for Peer Support Groups to connect, share, and access training.	info@connectgroups.org.au 08 9364 6909
Mandurah Prostate Cancer Support Group	Support and information for men and families after a prostate cancer diagnosis.	mandurah.pcsdg@gmail.com mandurahprostate.com.au Peter Leafe 0475 674 417
Mandurah Walkie Talkie Group	A fun walking group welcoming people with mental health issues.	Kristina French tinajofrench@gmail.com
Matt's Walking Group	A walking group led by people with disability meeting for coffee afterwards.	reception@midway.org.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
Monthly Luncheon	For people with mental health conditions and their support workers, lunch dates are held on the third Friday of each month at 12pm at Mandurah Forum Food Court.	Kristina French tinajofrench@gmail.com
Motor Neurone Disease Association of WA	Support groups and events provide connection and guidance for people with MND and their families.	08 6186 4133 admin@mndwa.asn.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.	peeladhdparents@outlook.com.au peeladhdparentsupport.org
Play 2 Talk	Peer support and play dates for families of children with communication and social challenges in Mandurah.	play2talksocial@gmail.com
Pride in Peel	A volunteer group promoting a safe and inclusive Peel region for the LGBTIQ+ community.	president@prideinpeel.com.au 0438 339 898

Group Name	Description	Contact details
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	Creative workshops for people with Parkinson's and their care partners are held every third Tuesday at Belswan Lifestyle Village.	Sue Edge noosemum@gmail.com
Village Morning Tea	An inclusive community morning tea at the Lakelands Library and Community Centre.	communityaccess@diversitysouth.org.au
XYY Syndrome Association of Australia Inc.	This group connects males with XYY syndrome and their families, promoting a positive understanding of the syndrome with community.	xyyaustralia@gmail.com xyyaustralia.org





City of Mandurah

PO Box 210, Mandurah WA 6210

council@wa.gov.au

mandurah.wa.gov.au

08 9550 3777

The National Relay Service (NRS) assists people who are Deaf or have difficulty hearing or speaking on the phone, offering various call services tailored to different needs and preferences.

For more information visit:

accesshub.gov.au

This information is available in alternative formats on request.

Information current as of September 2024