

Mandurah Peer Support Groups

Building connections through shared
experiences



This booklet has been developed to help people find and connect with peer support groups in Mandurah. It includes contact details and information about a range of groups that welcome new members.

A peer support group offers a space, either online or in person, where people can come together to share experiences and provide mutual support based on shared life situations.

Joining a peer support group is a valuable way to connect with the community, exchange information and ideas, discuss important topics, and learn from others who have faced similar circumstances.

Use this booklet to take the first step toward connecting with a local peer support group.



Group Name	Description	Contact details
Barefoot Raw	Events focused on men's mental health, offering a safe space to connect, share, or listen in a supportive environment.	Rob@barefootraw.com
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 challenges, their carers and support workers. Meets every Saturday at 10am at Sharky's Restaurant in 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


Group Name	Description	Contact details
Down Syndrome WA	Supports people with Down syndrome and their families in Mandurah through personal connection, helpful resources, and opportunities that promote a life of possibilities.	admin@downsyndromewa.org.au downsyndrome.org.au/wa 08 6182 3690
Fraggle Farm	Providing a range of peer supports in Mandurah for neurodivergent children and adults.	contact@fragglefarm.com.au fragglefarm.com.au
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
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
Mandurah CoderDojo	A community coding club for Neurodivergent young people in Peel catering to all skill levels.	Michelle Wong michelle@disruptiveforce.org

Group Name	Description	Contact details
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 Happy Hearts Walking Group	Friendly walking group in three different locations throughout Mandurah.	0478 675 000
Mandurah Neufriends Neurological Peer Support	For people living with neurological conditions or symptoms, their families and support workers. Meets on the second Friday of each month at Lakelands Library and Community Centre. Enjoy conversation, food and activities.	events@ncwa.com.au 1800 645 777
Mandurah Parkinson's Support Group	Peer-led discussions for people with Parkinson's and their care partners over tea and coffee.	Sue Edge noosemum@gmail.com
Mandurah Peer Support Network	A welcoming space for Peer Support Groups to connect, share, and access training.	info@alike.org.au 08 9364 6909
Mandurah Prostate Cancer Support Group	Support and information for men and families after a prostate cancer diagnosis.	mandurah.pcsq@gmail.com mandurahprostate.com.au Peter Leafe 0475 674 417
Mandurah Walkie Talkie Group	A fun walking group welcoming people with mental health challenges. Meets every Thursday at 10am outside Reading Cinemas	Kristina French tinajofrench@gmail.com
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

Group Name	Description	Contact details
Monthly Luncheon	For people with mental health challenges 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
Mug Mates	A relaxed space for people with mental health challenges and their support workers to connect over a cuppa, conversation and board games.	info@mandurah. unitingchurch.org.au mandurah.ucwa.au 08 9581 1743
My Community Morning Tea	A relaxed gathering for people with disability and support workers to connect, share information, and learn about inclusive local activities.	hcc@mandurah.wa.gov.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
Play 2 Talk	Peer support and play dates for families of children with communication and social challenges in Mandurah.	play2talksocial@gmail.com facebook.com/ groups/162091254451661
Pride in Peel	A volunteer group promoting a safe and inclusive Peel region for the LGBTIQ+ community.	president@prideinpeel.com.au 0438 339 898
Raising ADHD Parent Support Community WA	Connecting parents and carers with support, resources and information for raising children with ADHD.	peeladhdparents@outlook. com.au peeladhdparentsupport.org
Shift Space - Adult ADHD Support Group	Peer support for adults with ADHD, diagnosed or undiagnosed, support workers and carers. Each session includes morning tea.	admin@themindshifthub.com facebook.com/ TheMindshiftHub www.themindshifthub.com

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 on the third Tuesday of each month 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
Wellbeing Lunch	Every second Wednesday at the Uniting Church Mandurah (156 Pinjarra Road), people with mental health challenges and their support workers are invited to connect over a healthy lunch. Gold coin donation.	info@mandurah. unitingchurch.org.au mandurah.ucwa.au 08 9581 1743
XYX Syndrome Association of Australia Inc.	This group connects males with XYX syndrome and their families, promoting a positive understanding of the syndrome with community.	xyyaustralia@gmail.com xyyaustralia.org



 My Community Morning Tea





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 July 2025