

MIFWA

Carer Support
PEER SUPPORT

Online Parent Support Group

PARENTING AND THE CARING ROLE:

Being a parent of a teenager or young adult can be tough, knowing how to respond when there are mental health issues can be even tougher.

EVERYONE'S EXPERIENCE IS UNIQUE

Often parents in the caring role are impacted in several areas:

- Relationships and family dynamics
- Their own emotional health and wellbeing
- Understanding the mental health system
- Feeling equipped to manage a mental health crisis
- Effectively communicating when someone is distressed

The Online Parent Support Group via zoom provides a service in a safe, supportive and non-judgemental environment. This service is at no cost. The group will be held on the first Thursday of the month at 6pm.

INTRODUCING GRACE

The online parenting group will be facilitated by family peer facilitator, Grace. Grace brings a wealth of experience having worked with parents and has a lived experience of caring for her daughter who is aged in her early 20s with complex mental health issues.

HOW TO REGISTER

Please register your interest by contacting Caroline Wood at caroline.wood@mifwa.org.au or 9237 8900.

MENTAL ILLNESS FELLOWSHIP OF WA

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