

What Do People Say About Us?

- ▶ We are reliable, accountable and experienced.
- ▶ We accept every person for who they are and where they're at.
- ▶ We inspire hope.



Want to know more about how we can help?

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MIFWA ACKNOWLEDGES THE FOUNDING INSPIRATION AND CONTRIBUTION OF COMIC WA IN THE DEVELOPMENT OF THE PARENT PEER PROGRAM



Parent Peer & Family Support Program

A TAILORED PROGRAM FOR FAMILIES IMPACTED BY MENTAL ILLNESS





WHO ARE WE?

MIFWA is a free and confidential service that is offered to families where there is mental illness present.

We pride ourselves on being able to adopt a “whole family approach”. This means that you are supported in a way that aligns uniquely with you and your family.

MIFWA has 25 years of experience in supporting individuals and families and is committed to working with people in a way that is meaningful to them.

We work to reduce the stigma and discrimination relating to mental illness through community education and awareness raising strategies.

HOW CAN WE HELP?

- To support you in an environment where you are comfortable.
- To engage in community, social and recreational activities and to provide advocacy.
- To increase parenting confidence by:
 - Developing home routines
 - Setting suitable boundaries
 - Providing knowledge and education on parenting and child development, including nutrition and social development
 - Assisting in improving communication within the family
 - Help to problem solve, using healthy coping strategies
 - Managing and prioritising self-care.



WHAT CAN YOU EXPECT?

Our Approach

We understand that recovery is different for each individual. Our strengths based approach is to support and work alongside you.

This means that we are committed to helping families identify their concerns, issues and goals to enable them to move forward in their coping and resilience.

Our Workers

We strive to provide a service that meets yours and your family’s needs, with value and respect. You can look forward to engaging with workers who have experience, knowledge and understanding.

We also offer parent peer support workers, with a lived experience.

