

Online Parent Support Group

Parenting and your caring role

Being the parent of a teenager or young adult can be tough. Knowing how to respond when they're experiencing mental health challenges can be even tougher.

Everyone's experience is unique

Join us online each month to learn about the topics parents in caring roles find beneficial, such as:

- Relationships and family dynamics
- Understanding self-harm
- Lived experience recovery stories
- Understanding eating disorders
- Alcohol and other drugs
- Communication skills
- Hearing voices
- Self-care and wellbeing

Topics are announced each month.

Each session offers a safe, supportive and non-judgemental environment.

There's no cost for participating.

Introducing Grace

The online parent support group is facilitated by Grace, our family peer facilitator. Grace has a lived experience of caring for her daughter who's currently in her 20s and experiencing complex mental health challenges. Grace also brings a wealth of experience from her work with other parents in caring roles.

Held monthly

From 5.30pm on Zoom on the first Thursday of the month.

How to register

Contact Caroline Wood at caroline.wood@mifwa.org.au or 9237 8900 to receive the Zoom link on the day of the session.