

Lorikeet Centre

A member-driven community centre

A safe and accepting space for people recovering from mental health challenges



Membership is free!

Opening Hours

Tuesday to Friday

9.30am to 4.30pm

(most Fridays are outings or social activities)



To find out more, contact us:
MIFWA Lorikeet Centre

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supporting mental wellness + recovery



"Lorikeet keeps me well, builds my confidence. It's about friendships, people and opportunities to participate, to learn and be involved."

About Lorikeet Centre

Located in West Leederville, Lorikeet Centre is MIFWA's membership-based service offering social connection and learning opportunities for people recovering from mental health challenges.

Lorikeet provides a safe and inclusive environment where members can build confidence and self-esteem while connecting with others. Lorikeet offers opportunities to learn and to participate in new experiences and develop new skills.

Our team works with members and offers support, information and referrals. There is an emphasis on community – the sense of belonging in being part of a community and how to integrate into the wider community.

A typical day at Lorikeet

Lorikeet centre is a non-clinical service that assists people on their recovery journey in a positive way and provides a safe environment.

Members have the opportunity to participate in a range of recovery workshops including art therapy, arts and craft, walking group, meditation, chair yoga, financial wellbeing, and healthy eating classes. There are often other monthly activities like photography or poetry, and other experiences such as laughter yoga and attending the ballet.

Lorikeet invites guest speakers from the community to educate members about what is available and how to access them. We have a community garden a few minutes away. Sometimes we use the fruits and vegetables for our meals and members can learn gardening skills. We serve a nutritious meal each day, and members can either purchase at a minimal price, or bring along their own. On Fridays, we venture out into the community for outings such as ten pin bowling, movies, art gallery, and day outings to places such as York. In winter, or when the weather is too hot, we offer a variety of indoor activities including music bingo, high teas and wellness days.

