



FAMILIES 4 FAMILIES WA IS AN ONLINE EDUCATION AND WELLBEING GROUP LED AND FACILITATED BY EXPERIENCED FAMILY PEERS.

IT IS FOR EVERYONE WHO CARES FOR AND ABOUT SOMEONE WHO EXPERIENCES CHALLENGES WITH MENTAL HEALTH, ALCOHOL AND OTHER DRUG USE AND INVOLVEMENT IN THE CRIMINAL JUSTICE SYSTEM.

A NON-JUDGMENTAL SPACE WITH PEERS WHO UNDERSTAND AND EMPATHISE.

CONTACT

F4FWA is auspiced by
Mental Health Matters 2 (a lived
experience-led charity in Perth, WA)

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FAMILIES 4 FAMILIES WA

WHEN IS IT HELD?

- Families 4 Families WA (F4FWA) is held online via Zoom
- 2nd and 4th Tuesday night of the month
- 7pm – 8pm AWST

We haven't missed a scheduled session since we started in 2011!

WHAT HAPPENS AT F4FWA?

- Guest presenters from relevant organisations – this may include alcohol and other drug agencies, mental health, or legal services.
- Peer-facilitated discussions on key topics – this has included discussions on boundaries, grief and loss, maintaining connection and communication.
- 'Open Mic' nights - where people can bring a question they have and get some peer input.
- Providing input to research or hearing about new services or approaches – this has included inputting to research on the Mental Health Act 2014, consultations about National Forensic Mental Health Principles and learning about approaches such as Open Dialogue and Hearing Voices.

F4FWA takes a contemporary approach to mental health and understands that people may have different ways of making sense of their experiences, including psychosis / extreme states. We take a harm minimization approach to alcohol and other drug use which may or may not include abstinence.

TESTIMONIALS

"A great group of people who understand, don't judge and are there to listen and share. No unhelpful advice (such as 'try Tough Love')! Great info which helped us find our way more easily around services. No forms to fill in or big questionnaires to answer. Very welcoming."

"We're always dancing on the edge of the abyss, and it doesn't take much to fall off. F4FWA is a safe space to land".