

# A PARENT PEER SUPPORT GROUP



## **The project**

The Parent Peer Support Group is part of the Stronger Families Fund FACET project, in Inala, in Queensland.

## **How did the group get started?**

Rebecca and Erin had been involved in a peer playgroup and, when that ended, they wanted to continue to meet with other parents. Bec and Erin and their children started meeting each week at the Inala Young Mum's program to chat and support each other. They also attended the fortnightly groups at Inala Young Mum's program which is a semi-structured group with a focus on art and craft and being together. They made up a flyer about the group they were starting and had a stall at the local shopping centre to tell others about it. There are now around five parents and their children coming to the group, and hopefully more will come along and be part of it in the future.

## **Using the scrapbook**

"Each week we write something about ourselves or the group in our group scrapbook. It includes who came along, what we did, what we thought about it, and other things going on in our lives. We also decorate our book with stickers, drawings, photos and collages. It is a record of our group, as well as ourselves."

**Anne Garrow**  
**SFLEX Senior Research Officer**