

LITTLE
DREAMERS



Peer Support







www.littledreamers.org.au



What?

Peer Support is a program designed especially for Young Carers. Through weekly workshops, Young Carers will learn new skills, connect with other Young Carers and receive support in their caring role.

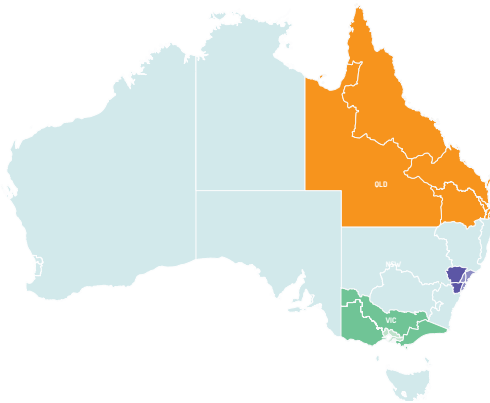
Key details:

-  8 week program
-  Weekly one hour sessions
-  In-person or online
-  Small groups based on age
-  Facilitated by two Little Dreamers staff
-  Receive a resource pack in the mail



Where?

Peer Support is currently delivered in the following areas:



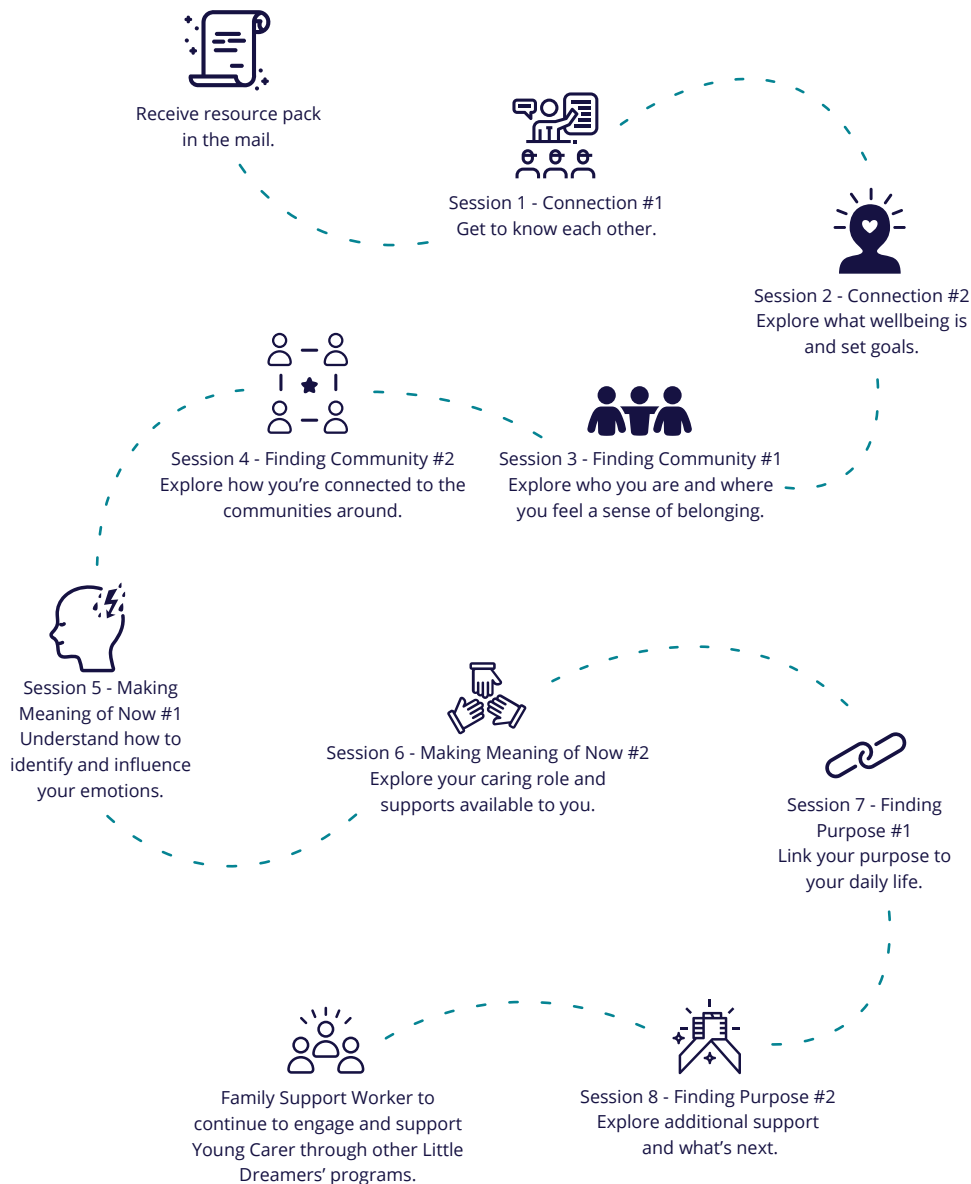
-  **Victoria**
VIC1 (North Western, Eastern and South Eastern Melbourne)
VIC2 (Gippsland, Murray, Western Victoria)
-  **New South Wales**
NSW1 - (Central and Eastern, Northern and Western Sydney)
NSW2 - (Nepean Blue Mountains and South West Sydney)
-  **Queensland**
QLD1, 2, 3 - (All of Queensland)

Who?

A Young Carer is someone 25 years or under who provides care or support to a family member affected by disability, chronic or mental illness, addiction, or frail age.

If you're aged 5-25 and living in one of the above regions, you're eligible for this program!

Peer Support: Roadmap



Feedback from our Young Carers:



"It's a group where people in the same situation are able to share experiences in a non-judgemental way. Everyone shares a connection no matter the background."

"The facilitators are kind, compassionate and fun. I loved the connection and looked forward to this hour every week. The group helped me become calmer."



"It was super fun, I got to express my feelings, and I got to listen to and learn about other Young Carers."

