

# Peer2PeerMeets



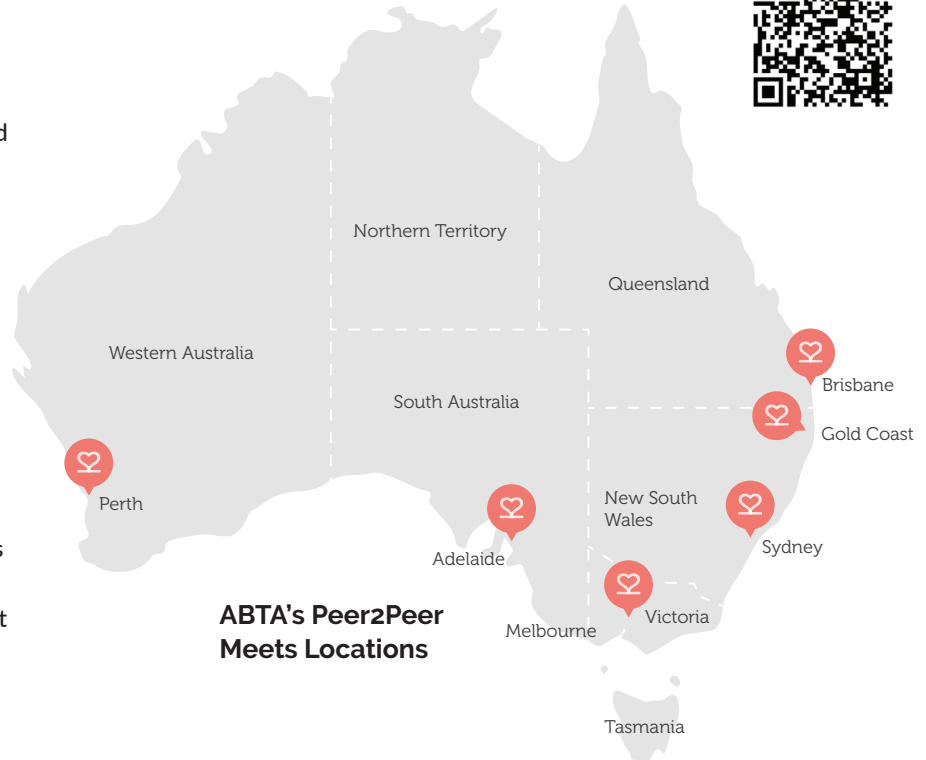
### What is Peer2Peer Meets?

Mothers who have a lived experience of birth trauma have a unique set of needs that are often not met by traditional mother's/parenting groups. The purpose of this program is to provide education, understanding and a safe space for these mothers to explore their birth experiences in a supportive way.

Peer2Peer Meets is a peer-led & trauma-informed, 6-7 week program that helps them connect with a peer group and develop their own plan for moving forward on their trauma journey.

### Key objectives of the program are:

- To provide recognition to participants they are not alone (sense of belonging)
- To validate felt trauma: whatever that trauma looks like (feeling understood)
- To raise awareness and normalise that it is okay not to be okay
- Create new social supports
- Provide access to care pathways
- Assist participants to develop a path forward



### Program Summary

Our program is guided by an outline, however we believe in fluid, open conversation and storytelling. Sessions are for 2 hours.

#### WEEK ONE

Laying the foundations (Setting of group guidelines, telling our stories)

#### WEEK TWO

What trauma looks like & riding the birth trauma rollercoaster

#### WEEK THREE

Playful and connected parenting

#### WEEK FOUR

Friends, family and trauma

#### WEEK FIVE

Exploring a birth debrief

#### WEEK SIX

Building a village & creating a collaborative health team

#### WEEK SEVEN

Retelling our stories and where to from here

### Our Peer2Peer Mentors

Our Peer2Peer Mentors who support the delivery of all programs have a lived experience of birth-related trauma and receive training as well as a half day Peer2Peer Meets workshop co-designed to help support you. The mentor training is facilitated by ABTA staff with relevant sections presented by a psychiatrist or psychologist, pelvic health physiotherapist and social worker.

[birthtrauma.org.au/peer2peer-meets-support-groups/](http://birthtrauma.org.au/peer2peer-meets-support-groups/)

### Referral is easy.

Visit the ABTA's Peer2Peer meets website page, find the program in your local area. Register your interest using the links provided. Participants will be contacted by the facilitator as an initial check in pre program commencement. For further information contact [volunteer@birthtrauma.org.au](mailto:volunteer@birthtrauma.org.au)

