

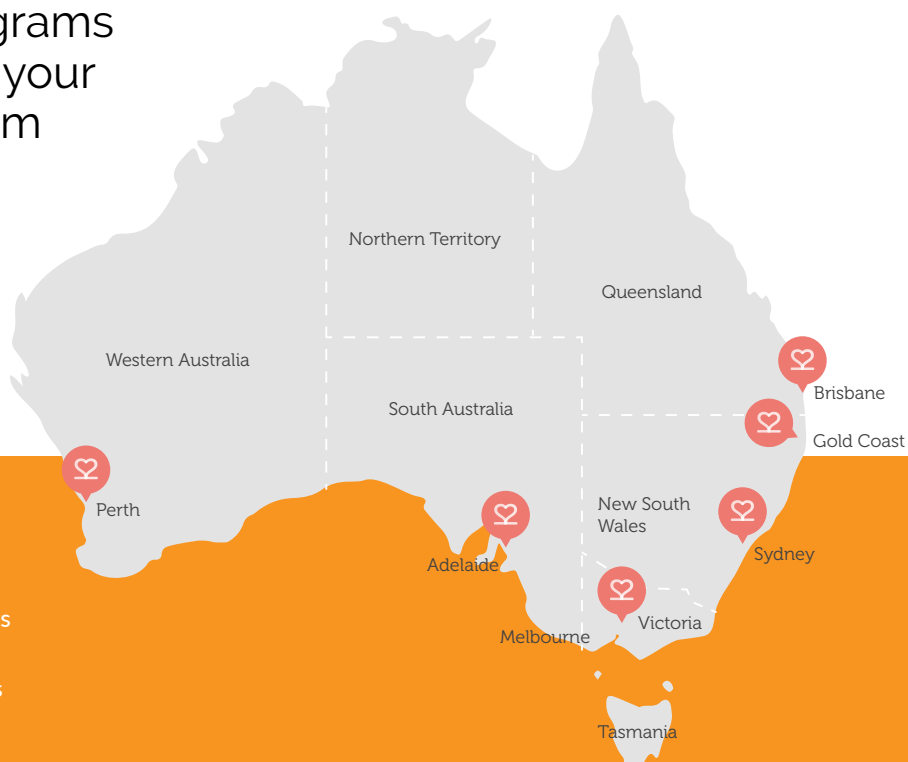
Peer2Peer Support Programs



PEER2PEER Support Program

Our Peer2Peer support programs create safe spaces to share your birthing experience, free from judgement.

Our Peer2Peer programs are available across Australia, offering a range of different ways to connect, that suits you, at the right time, space, place and pace.



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.

1 Peer2Peer Social

Join our moderated Facebook private group, aimed at supporting birthing parents who may have experienced birth related trauma. Simply search ABTA Birth-related trauma group on Facebook.

2

Peer2Peer Online

Our online program runs for 7 weeks via zoom and is a structured online experience allows you to share your birthing experiences and receive education to support and inform your journey forward.

3

Peer2Peer Chat

Our free online chat service is available via our website. Simply visit our mentor chat booking page and book in a time that suits you.

4

Peer2Peer Meets

A series of face 2 face meetups allows you to share your birthing experiences and connect with others in your community.

Why is the Peer2Peer Support Program Needed?

The Peer2Peer Support Program was developed in response to feedback from the ABTA community. A need for the program is further demonstrated by the fact that one in three women identify their birth as traumatic, making physical and psychological birth trauma a major health issue in the community.

Our members also report that parents who have a lived experience of birth trauma have a unique set of needs that are often not met by traditional mother's groups/parenting groups. We have an amazing community of women who have received training to help support you - these are our Peer2Peer Mentors.

