



SHARING BIRTHING EXPERIENCES

Peer2Peer Support Programs

Our program is delivered by individuals with lived experience of birth trauma. A peer-led approach has been selected to deliver our range of programs which support you to feel empowered and connected.

We create safe spaces to share your birthing experience, free from judgment. Our range of Peer2Peer programs are available across Australia, offering different ways to connect, at the right time, space, place and pace for you. You can explore your own experiences in a supported way, through the normalising of discussing birth experiences. We know that you can be vulnerable after birth.

We are here for you.

**GOOD TO LISTEN
GREAT TO TALK
A PLACE TO FEEL VISIBLE**



Find out more
birthtrauma.org.au/peer2peer-meets-support-groups