



PEER MENTOR PROGRAM

Hope and healing for
bereaved parents



Ladybird Care
Foundation Peer
Mentor Program
evolved in response
to a call from
bereaved parents,
seeking to establish
a one-on-one
relationship with a
bereaved peer with a
lived experience.



Our highly qualified bereavement care professionals actively recruit, train and supervise volunteer peer mentors, with a lived experience, to become the human connection of support.





What is the Peer Mentor Program?

The Peer Mentor Program is designed to build relationships between Peer Mentors (bereaved parents who have completed Peer Mentor training) and newly bereaved parents.

The trained Peer Mentors develop a supportive peer relationship with the newly bereaved parent, offering empathy, guidance - 'this is what worked for me', and a listening ear through a series of regular catch-ups, which can be online or in-person depending on the preferences and location of the participants. Relationships can extend for up to 15 months.

Who can access the Peer Mentor Program?

The Ladybird Care Peer Mentor Program is available free-of-charge to all parents in Australia grieving the loss of a child who has died, no matter where they live. We acknowledge parenting is a lifelong role and extend mentoring care to bereaved parents whose child died at any age, from infancy into adulthood.

Who are the mentors?

Mentors are other parents whose child has died. Mentors are at least two years bereaved before selection and training for the program. Mentors receive thorough training and supervision by bereavement care professionals and experienced mentors, to ensure the safety of all participants.

I had a lot of outside support but mostly not bereaved...they couldn't see into our hearts and know our exact experience...they care about you, but it's different. If it's a bereaved parent, you feel more validated and understood. The Peer Mentor Program is the only one where we felt a genuine connection. It's the one that stood out to us as the most personal."

Bereaved Parent and Peer Mentee

My involvement in the peer mentoring program has given me a sense of purpose. It has put me in a position of privilege, helping others navigate through this grief journey nobody wants to be on. What I didn't expect was the blessing in return it has actually been."

Bereaved mother and Peer Mentor



The peer mentor program is currently based in Queensland and is expanding into other Australian states.

Get in touch

**For more information regarding the
Peer Mentor Program:**



w. www.ladybirdcare.org.au

e. mentoring@ladybirdcare.org.au

p. 0457 655 828



We acknowledge reaching out for support as a newly bereaved parent can be very difficult. We welcome contact from close family and friends or professional carers of the bereaved to begin a conversation around how we can ease connections between a bereaved parent and a trained Peer Mentor.



**To take the first step toward
meeting a Peer Mentor please
scan the QR code and
complete the short form.**

