

**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2020

**FLIPPING THE SCRIPT:
CHANGING THE NARRATIVE ON BPD**



Australian BPD
Foundation Limited

'Coz of Covid'

Survival Strategies from people with lived experience of BPD

FREE ONLINE EVENT

DATE AND TIME:

**Thurs 1 October 2020
6:30pm to 8pm (AEDT)**

Hear from Lived Experience Advocates around Australia about the tools, skills and strategies they have used to maintain wellness during the COVID-19 pandemic.

Speakers will provide practical tips for managing emotional distress, anxiety, interpersonal relationships and other challenges commonly being experienced at this time.

This presentation will include pre-recorded information as well as a live Q&A open to the audience.

Registration essential.

SPEAKERS INCLUDE:



Mahlie, NSW



Carissa, WA



Aaron, SA

**REGISTER & MORE DETAILS:
bpdaw.eventbrite.com**