

# Learning More about Borderline Personality Disorder (BPD): for families and friends

Two formats: one-day workshop or a three hour information session (online)



Specialising in Personality Disorder  
and Complex Trauma

**Presenters:**  
Carer peer and  
a clinician

**These sessions are an opportunity to learn more about BPD and explore how to best support the person with BPD whilst also caring for yourself.**

### **Aim:**

To provide a combination of education and practical approaches to learning new skills to provide a safe environment to meet with other carers.

### **We will cover topics such as:**

- Understanding more about BPD
- Learning new ways to support your family member/friend with BPD
- Developing and sustaining healthy relationships within the family and other social networks
- Exploration of balance between caring for another and caring for yourself



### **Venue:**

Spectrum Personality Disorder Service, Richmond 3121 or online

### **When:**

The day workshops are held approximately every two months from **9.30am – 4.30pm** and the information sessions at various times during the day.



### **For more information:**

☎ (03) 8413 8750 (Rita)

✉ [spectrumcarers@easternhealth.org.au](mailto:spectrumcarers@easternhealth.org.au)

### **Registrations ESSENTIAL:**

<https://bit.ly/spectrum-workshops>

