

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

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

Presenters:
Carer peer and a clinician



spectrum

Specialising in Personality Disorder and Complex Trauma

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

Registrations ESSENTIAL:

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

