

BPD Carer Support Group

For families, carers and friends

A free monthly support group for people supporting a family member or friend who is impacted by Borderline Personality Disorder (BPD) or similar traits. Supporting someone with BPD can be confusing, distressing and isolating at times. This group offers education and peer support so you can better support your loved one and yourself on a path to recovery.

January – December 2024

5:30 PM – 7:00 PM

FREE | Alternating between in-person and online meetings

This group will provide

- Peer support
- Information and education
- Guest speakers
- Resources
- A safe, supportive environment

Peer facilitated

The group will be facilitated by those in a caring role for a family member with BPD.

Who should attend?

Family members, carers and friends of someone with BPD and who are looking for a safe and supportive group of like-minded people who 'get' them.

*"We don't have to do it alone.
We were never meant to."*
Brene Brown

When?

On the second Wednesday of the month:

In person

10 January

13 March

8 May

10 July

11 September

13 November

Online

14 February

10 April

12 June

14 August

9 October

11 December

Where?

Alternating between face-to-face in West Leederville and online via Zoom.

Register your interest

It's essential to register your interest. Registrations will require a phone call with Carer Support Team member. There's no obligation to attend every session.

**Contact MIFWA Carer Services on
9237 8900 or info@mifwa.org.au**