

What can I do?

Skills for carers to support a person living with BPD

Facilitated by Vee & Grace, Carer Peers

Wednesday 9 October 2024

5.30pm to 7.30pm (AWST) on Zoom

**A free online event for those caring for family members
with borderline personality disorder or similar traits.**

Part 1: Webinar Replay

**“What can I do? Skills for 'carers' to support
a person living with BPD”**

Pre-recorded by Australian BPD Foundation.

Discover the skills that would help you relieve your own emotions and distress while building healthy relationships with the person you care for. Skills include reducing emotional vulnerabilities, distress and dysregulation, and increasing relationship mindfulness, validation, and self-validation.

Part 2: Q&A Discussion

Facilitated by Vee and Grace

Share your questions and experiences.

Registration is essential

Register for FREE

At <https://MIFWA-BPD.eventbrite.com.au>

Or by email to CarerSupport@mifwa.org.au

Or call the Carer Support Team on 9237 8900

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ME! >>>

