

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 2025, 5.30PM - 7.00PM

FREE | Alternates between in person and online

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

8 January

12 March

14 May

9 July

10 September

12 November

Online

12 February

9 April

11 June

13 August

8 October

10 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 carersupport@mifwa.org.au**



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The MIFWA BPD Carer Support Group is a place where families and friends can come together to support each other and learn about borderline personality disorder (BPD) and relevant services and supports. It is not suitable for workers or those with a lived experience of BPD, unless they are also in an active caring role for someone with BPD.

Here are some guidelines to help ensure everyone gets the most out of attending.

- Confidentiality – what is said in the room stays in the room.
- Please respect other by accepting of their experiences and differences and each other's capacity to solve their own problems.
- Please aim to speak with respect about the person you care for and be mindful of their privacy when sharing.
- Please be aware of your level of sharing for your own safety and that of others. For example, limit details regarding self-harm, suicide, or assaults.
- Please respect each other's time and allow time for everyone to contribute.
- We value the importance of being heard and validated. Please allow others to problem solve and seek their own solutions.
- We encourage you to share information about services and supports that have helped you and the person you care for. Advice giving is discouraged.
- We respect your ability to self-manage and if you become distressed, take a break if you need to. Please tell a facilitator if you need support. You are encouraged to complete a personal safety or wellness plan.
- MIFWA recognises that carers may need to be connected to more appropriate services.
- No pets, thank you. A suitably trained assistance animal may accompany their handler.
- During MIFWA programs you cannot sell items or promote businesses.
- MIFWA staff are not allowed to accept gifts.

In-person groups

The group concludes at 7pm. Please leave the building by 7.30pm due to security arrangements.

If you have any question:

Contact our Carer Support Team at info@mifwa.org.au or 9237 8900.

