

BPD Collaborative 2023 Carer Programs

To register
please follow the links below
or
visit our website:
[www.sahealth.sa.gov.au/
BPDCo](http://www.sahealth.sa.gov.au/BPDCo)

CARER INFO SESSIONS INTRO TO BPD (2hr)

Information about BPD, effective communication skills with links to relevant carer support agencies

Feb 28	Mar 28	Apr 26	May 23	Jun 27
Jul 25	Aug 22	Sep 26	Oct 24	Nov 28

TIME: 6.00pm - 8.00pm
VENUE: Online via Zoom
PRICE: Free

These 2 hour **online** info sessions are designed to provide information and support to South Australian families, partners and friends of someone living with borderline personality disorder (BPD).

They aim to increase understanding of BPD, introduce effective communication skills, self-care and provide links to relevant SA carer support services.

Presented by BPD Co Lived Experience Project Officer - Carer, BPD Co Senior Clinician, and a guest speaker from a relevant SA support service

Register via the below link:

<https://www.eventbrite.com/cc/bpd-co-carer-programs-514409>

CARER PEER GROUP (4 weeks x 2hr)

Supporting someone recently diagnosed with borderline personality disorder

Mar 1 1-3pm	May Online 31 6-8pm	Aug 4 10-12pm	Nov Online 16 6-8pm
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TIME: Times vary — please see Eventbrite link
VENUE: BPD Co, Lvl 1/100 Greenhill Road Unley or online via Zoom
PRICE: Free

These 4-week **online** OR **face-to-face** peer groups are designed to provide information and support to carers, families and friends of people who have been *recently* or have a likely diagnosis of BPD.

Co-designed by carers, the group covers what they wish they had known at the beginning of their journey supporting someone living with BPD.

The group will cover:

1. BPD symptoms, treatments, recovery
2. Carer role in recovery
3. The SA mental health system
4. Self-care & preparing your carer plan

Presented by BPD Co Lived Experience Project Officer - Carer, BPD Co Senior Clinician, and a guest speaker from a relevant SA support service

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FAMILY CONNECTIONS® (12 weeks x 2hr)

Provides education, skills training and support for people in a caring relationship with someone who has BPD.

Register directly on NEABPD-Australia's waitlist:

<https://www.bpdaustralia.org/family-connections-program>

Family Connections® is a free evidence-based, 12-week course that meets weekly for two hours to provide education, skills training, and support for people who are in a relationship with someone who has BPD. Focusing on issues that are specific to BPD, it is led by trained group leaders who are either clinicians or family members of relatives with BPD.

The program covers family functioning, coping skills based on DBT, validation practice and group support.

Adelaide metro group: delivered either in-person or online
SA Country Carers group: delivered online

Process for Registration:

Participants registered on the waitlist will be contacted by NEABPD to advise of an upcoming group in your area.