



Self-Help Book Club

Are you an avid reader?
Have an interest in self-help books?
Or would just like to try something new
and join a book club with your peers?

You are invited to join our new monthly self-help
book club.

You can opt in or out of sessions as you please and
participate in conversation as little or much as you
like.

For: People who have a lived experience of BPD

First session: Thurs 23 March 6.30 to 8pm

Where: online via zoom

Register: [https://self-help-book-club-
23mar.eventbrite.com.au](https://self-help-book-club-23mar.eventbrite.com.au)

Please note: This is not therapy or designed to provide mental health/crisis support, if
you require assistance, please follow up with your GP or mental health worker.

If you are unable to secure a ticket for this event, check out our [website](#) for upcoming
sessions and groups.

For further information, please contact Jess on 7425 6500.

