

**MENTAL HEALTH Carers
ARAFMI NSW Hunter Branch**

**Venue: 22 Stewart Ave Hamilton East 2303
(Parking available in Stewart Ave)**

Date: Friday 9th September

Time: 9.30am-4pm

Cost: \$50

Lunch provided

RSVP: 5th September

Borderline Personality Disorder workshop For Workers & Staff



Workshop Aims:

- ◆ Make sense of Borderline Personality Disorder
- ◆ Supporting someone with BPD and identifying triggers
- ◆ Exploring tips for coping and managing challenging behaviors
- ◆ Self-care

Our Vision

Our vision is for a community that understands and responds to the impact of mental illness on families, relatives and friends

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ARAFMI NSW**