



**The Borderline Personality Disorder
Collaborative (BPD Co)**

Invites you to.....

Living Well with BPD
@ BPD Co.

A celebration for BPD Awareness week including fun, free activities, focusing on the strengths and wellbeing of people living with BPD! Come in for a workshop of your choice, stay for the day or pop in and out as you like.

10.15AM MEDITATION IN THE PARK

11AM JOURNALLING

1PM MAKE YOUR OWN SENSORY KIT

PLUS morning tea, show bags, a delicious lunch, massage, zentangle and a huge range of information and resources to support you, family, friends and carers in Living Well.

Friday 4th October 2019

10AM to 2PM

**100 Greenhill Road,
Unley SA 5061**

RSVP by clicking [here](#)



Government of South Australia
SA Health