

**BORDERLINE
PERSONALITY
DISORDER** AWARENESS
WEEK 2021

DISCOVER CREATIVE WELLBEING

1 - 7 OCTOBER 2021



Australian BPD
Foundation Limited
*Support Promote Advocate
for Borderline Personality Disorder*

BPD AWARENESS WEEK EVENT

EVENT: DEEP SEAS PRESENTS:

BE: ONLINE WELLNESS CHALLENGE

DATE: 1ST TO 7TH OCTOBER

TIME: AT YOUR OWN TIME

WHERE: ONLINE/INSTAGRAM/
FACEBOOK AT DEEP SEAS

ABOUT:

WELLNESS WORKSHOP/CHALLENGE CONNECTING CREATIVELY
& WITH NATURE. DESIGNED & RUN BY SOMEONE WHO LIVES
WITH BPD FOR OTHERS LIVING WITH BPD.
OPEN & AVAILABLE TO EVERYONE.
INSPIRED BY DBT SKILLS FOR YOU TO CONNECT WITH YOUR
INNER SELF & OTHER LIKE MINDED PEOPLE.

FOR MORE INFORMATION & REGISTER:

[WWW.DEEPSEAS.COM.AU/EVENT-
DETAILS/BE](http://WWW.DEEPSEAS.COM.AU/EVENT-
DETAILS/BE)

WWW.BPDAWARENESS.COM.AU