

BORDERLINE PERSONALITY DISORDER

**AWARENESS
WEEK 2021**

Open Day - Thurs 7 Oct 2-5PM
presented by Positive Future Self

4 Eyre Street
Port Lincoln

Interactive Sessions on:

Art Therapy
Mindfulness

Presentations on:

- BPD - Beyond the Diagnosis
- Mindfulness Application and Benefits
- Increasing Resilience

***Coffee and Cupcakes Provided
by The Beach Bakery Express
and Krafted Food Co!***



**POSITIVE
FUTURE
SELF**



BPD^{CO}



**MENTAL
HEALTH
COALITION
SOUTH AUSTRALIA**



**MENTAL
HEALTH
MONTH
OCTOBER 2021**