



ARAFEMI

Support Group for Families & Carers of People with a Borderline Personality Disorder

What: Open support and information group for carers of people with a BPD
Where: ARAFEMI, Ground Floor, 270 Auburn Road, Hawthorn
When: FIRST WEDNESDAY EVENING of each month, 6:45pm registration, group from 7:00pm sharp to 9:00pm
Contact: ARAFEMI Carer Helpline on 1300 550 265

February	Convened by Jan Giffin. Mutual support format.
March	Convened by Anna Banfai. Topic format - Balancing support with observing personal boundaries.
April	Convened by Jan Giffin. Guest speaker format - DVD 'Back from the Edge', featuring leading world BPD specialists and consumers speaking.
May	Convened by Anna Banfai. Mutual support format.
June	Convened by Jan Giffin. Topic format - Current therapeutic approaches: Mentalisation based therapy for BPD. The role of curiosity about ourselves and others.
July	Convened by Anna Banfai. Guest speaker format - speaker to be advised.
August	Convened by Jan Giffin. Mutual support format.
September	Convened by Anna Banfai. Topic format - topic to be advised.
October	Convened by Jan Giffin. Guest speaker format - Psychiatrist to be confirmed.
November	Convened by Anna Banfai. Mutual support format.
December	Convened by Anna Banfai. Topic format - topic to be advised.

Other ARAFEMI Support groups:

- Bendigo Relatives and Friends Support Group
- Bridging the Gaps Southern (carers of young people)
- Bridging the Gaps Eastern (carers of young people)
- Bipolar Carer Support Group
- Bipolar Consumer Support Group
- Bipolar Consumer/Carer Combined Support Group

Other ARAFEMI Carer Services:

- Workshops
- Carer Library
- Recreation Days
- Flexible Options Respite Service
- Seminars
- Online Support
- Carer Counselling
- COPES (Carers Offering Peers Early Support)

For more information call the ARAFEMI Carer Helpline 1300 550 265 or visit www.arafemi.org.au

Privacy: ARAFEMI does not collect, store or share personal details of people attending support groups. ARAFEMI support groups are confidential, and disclosure of personal details must not be conducted with others outside the group.

Updated 28 Apr. 09

