BPD Carer Support Group

For families, carers and friends

mifwa
supporting mental wellness + recovery

A free monthly support group for people supporting a family member or friend who is impacted by Borderline Personality Disorder (BPD) or similar traits. Supporting someone with BPD can be confusing, distressing and isolating at times. This group offers education and peer support so you can better support your loved one and yourself on a path to recovery.

January - December 2026, 5.30PM - 7.00PM

FREE | Alternates between in person and online

This group will provide

- Peer support
- Information and education
- Guest speakers
- Resources
- A safer, supportive environment

Peer facilitated

The group will be facilitated by those in a caring role for a family member with BPD.

Who should attend?

Family members, carers and friends of someone with BPD and who are looking for a safer and supportive group of like-minded people who 'get' them.

Where?

Alternating between face-to-face in West Leederville and online via Zoom.

When?

On the second Wednesday of the month:

In person	Online
14 January	11 February
11 March	8 April
13 May	10 June
8 July	12 August
9 September	14 October
11 November	9 December

There's no obligation to attend all sessions.

Register your interest

It's essential to register your interest to join. To register, use this link or scan the QR code: bit.ly/contactcarersupport

SCAN ME

Registrations will require a phone call with a Carer Support Team member.

Any questions, please Contact MIFWA Carer Support Team on 9237 8900 or carersupport@mifwa.org.au

"We don't have to do it alone. We were never meant to."
Brene Brown

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The MIFWA BPD Carer Support Group is a place where families and friends can come together to support each other and learn about borderline personality disorder (BPD) and relevant services and supports. It is not suitable for workers or those with a lived experience of BPD, unless they are also in an active caring role for someone with BPD.

Here are some guidelines to help ensure everyone gets the most out of attending.

- Confidentiality – what is said in the room stays in the room.
- Please respect other by accepting of their experiences and differences and each other's capacity to solve their own problems.
- Please aim to speak with respect about the person you care for and be mindful of their privacy when sharing.
- Please be aware of your level of sharing for your own safety and that of others. For example, limit details regarding self-harm, suicide, or assaults.
- MIFWA staff and volunteers reserve the right to utilise Protective Interrupting, for example when the details of an individual's sharing may impact negatively on other participants and themselves.
- Please respect each other's time and allow time for everyone to contribute.
- We value the importance of being heard and validated. Please allow others to problem solve and seek their own solutions.
- We encourage you to share information about services and supports that have helped you and the person you care for. Advice giving is discouraged.
- We respect your ability to self-manage and if you become distressed, take a break if you need to. Please tell a facilitator if you need support. You are encouraged to complete a personal safety or wellness plan.
- MIFWA recognises that carers may need to be connected to more appropriate services.
- No pets, thank you. A suitably trained assistance animal may accompany their handler.
- During MIFWA programs you cannot sell items or promote businesses.
- MIFWA staff are not allowed to accept gifts.

In-person groups

The group concludes at 7pm. Please leave the building by 7.30pm due to security arrangements.

If you have any question:

Contact our Carer Support Team at carersupport@mifwa.org.au or 9237 8900.