



Community Care Durham
SUPPORTING PEOPLE, STRENGTHENING COMMUNITY



Let's Talk about...

Borderline Personality Disorder

Join Valéry Brosseau online November 17th for a 2-hour discussion.

Borderline personality disorder can be a challenge for those living with it. The disorder is often stigmatized, even within the medical community. It can make accessing treatment difficult and can bring about feelings of shame and guilt.

Valéry was diagnosed with BPD in her early 20s. Ten years later she has learned to understand this part of herself and has worked hard to manage her symptoms, advocate for herself and improve her quality of life. The journey has been difficult but it is never over.

There will be steps forwards and backwards but what she has learned is to never give up. Having survived suicidal urges and self-harm, she wants to share her story to help people understand and feel less alone. There is always hope.

We may stumble along the way but what matters is that we keep going!

When:

**Nov. 17, 2020
6 p.m. – 8 p.m.**

RSVP by November 13

**rbirt@communitycaredurham.on.ca
or call 905-668-4552 to receive the link**

Where:

**Join us online
via Zoom**