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| **Would you like to learn more about**  **Borderline Personality Disorder**  **Do you support someone with**  **Borderline Personality Disorder (BPD) or**  **Emotionally Unstable Personality Disorder (EUPD) or**  **Emerging Emotionally Unstable Personality Disorder?** |
| **Join our free 5-week course**  **Families and Carers Training and Support (FACTS)**  **‘FACTS in Watford’ will run “in person” on Thursday evenings from 7.15pm – 9.15pm**  **at a Watford location (details on registration) on:**  **November 3, 10, 17, 24 & December 8, 2022**  **FACTS** is a unique, carer-led training programme, developed with the support of the Anna Freud Centre, for the friends and families of people with BPD/EUPD.  **During the course, you will learn:**   * What BPD/EUPD is, and how to manage this condition * How you can rebuild relationships and reduce conflict * How best to support your relative or friend * How to cope with your feelings   **Topics include:**   * Introduction to BPD/EUPD * Mindfulness and Managing Emotions * Mentalising * Validation skills * Problem solving skills   **To participate:**  You should be a family member or friend of a person with BPD/EUPD and be able to attend all 5 evening sessions of the course. The individual you know with BPD/EUPD does not need to be receiving specialist support from BPD services.  Please note that all participants must be aged 18 years or over  **For more information and/or to book your place email:**  [**BPDFACTSWatford@yahoo.com**](mailto:BPDFACTSWatford@yahoo.com) |
| The trained FACTS leaders have no specific clinical or professional qualifications, and do not have any clinical responsibility towards participants or their families and friends, nor for how carers use the skills, or for any subsequent events. |
| **Join the Harrow Rethink BPD Carers Group.** We support one another and share ideas to cope with the challenges of supporting someone with BPD. [BPDFACTSWatford@yahoo.com](mailto:BPDFACTSWatford@yahoo.com) |
| **Anna Freud Centre website:** <https://www.annafreud.org/training/mentalization-based-treatment-adults-old/families-and-carers-training-and-support-programme-facts/>  **Background reading:**  Valerie Porr: ‘Overcoming Borderline Personality Disorder, A Family Guide to Healing and Change’ |

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