



Connect Grow Learn

My Potential is running a group for people in the Mornington Peninsula who have BPD.

Connect with peers who have and are going through the journey.

Facilitated by Laura an Occupational Therapist with a diagnosis of BPD who will help encourage you to see your Potential.

BPD Therapy Group



Are you struggling to live with a diagnosis of Borderline Personality Disorder?

Do you feel like no one understands what you are experiencing?

**Learn skills for managing your emotions
and live a life beyond your diagnosis**



23/16 Suffolk Street
Capel Sound

0403 163 339

admin@my-potential.com

www.my-potential.com