

BPD Society of BC
Peer Support Group Vancouver
Information Package

EVERY WEDNESDAY 6-8 PM

DROP-IN

COAST MENTAL HEALTH

293 EAST 11TH AVENUE

(Entrance in alley at Sophia and Kingsway)



Note: we are located at Kingsway and Sophia, in the rear parking lot of Coast. A sign is posted on the black door to your left as you walk down Kingsway. A facilitator will open the door at 6PM.

AGENDA

1. Welcome and settling-in time 6:00-6:10
2. Purpose Statement
3. Comfort Agreement
4. Check-in (2-3 mins each) 6:10-6:40
 1. Your name
 2. Your pronouns (she/her, he/him, they/them, etc)
 3. Your diagnosis if applicable
 4. How you found out about the group
 5. How you are doing
 6. Any longer topic you'd like to discuss during open discussion
5. Open Discussion 6:45 – 7:45
 - a. Revisit topics brought up during open discussion
6. Social time/refreshments 7:45 – 8:00

PURPOSE STATEMENT

1. We are here to support each other with compassion through our common experience of Borderline Personality Disorder (“Borderline” or “BPD”).
2. We recognise that not everyone feels comfortable with the term “Borderline”. Therefore, we use “Borderline” interchangeably with the term “Emotional Regulation Disorder” (ERD).
3. We acknowledge that BPD is a serious mental illness, caused by biological and environmental factors affecting one’s ability to regulate emotions, control impulses, and enjoy healthy relationships.
4. We acknowledge behaviours associated with BPD are symptoms of mental illness.
4. We welcome individuals with the disorder as well as family members, partners, and friends. Loved ones are asked to aid in creating a safe environment for those living with BPD.
5. We recognise that other conditions such as substance abuse, clinical depression, bipolar disorder and eating disorders often co-occur with this disorder.
6. From time-to-time, individuals with other mental illnesses will visit us. We welcome these individuals, but we keep in mind that our main focus is BPD.

COMFORT AGREEMENT

Arrive on time

Enter quietly if you are late

Turn off cell phones, or set to “vibrate” if necessary

Respect diversity and different opinions

Be non-judgemental

Validate each others’ experiences when possible

Maintain confidentiality (except imminent threat to safety of self or others)

Share the air

Avoid side talk

Avoid interrupting others when they are sharing

Avoid advice-giving

Use “I” language

Keep swearing to a minimum (swearing can be triggering for those with trauma)

Remember that participation is voluntary

Avoid graphic detail of self-harm and trauma

No threats, direct or indirect, or name-calling

Take care of your needs: bathroom, water, fresh air, leaving the room to make a call, etc.

If you are here to support a loved one, please help us provide a safe environment for those living with BPD

Frequently Asked Questions

I haven't been diagnosed with BPD. Can I still attend?

Yes! No formal diagnosis is required. If you are experiencing symptoms of BPD or are looking for more information, you are welcome. We also encourage loved ones of people with BPD to attend.

My child/partner/friend/etc. is struggling with BPD. Can I attend group?

Yes! We love having loved ones participate in group, or just listen to others' experiences. We are happy to provide you with resources for how to best support your loved one.

Do I need to register or attend every week?

No. This is a drop-in group, which means you are welcome to show up for however many meetings you would like, and there is no need to register.

Is this a skills group?

We don't teach skills and we aren't trained counsellors or psychologists. We offer support through shared experience, however, all facilitators have been through DBT and from time to time we may refer to specific skills. We have handouts and books on DBT for reference.

What is Borderline Personality Disorder?

BPD is a serious mental illness resulting in difficulty with emotion regulation, intense moods, maladaptive behaviours, and interpersonal difficulty. Individuals with BPD are stigmatized as difficult to treat, but evidence has demonstrated DBT to be a very effective treatment.

Where can I get professional help?

DBT is offered through Vancouver Coastal Health Mental Health and Substance Abuse Outpatient Services at 604.675.3710. For crisis support, contact 604.872.3311. For other mental health services in the Lower Mainland, check out our [Resources](#) page.

Who are the facilitators?

Facilitators are peers (just like you!) with experience of BPD and other mental health challenges. We come from varied backgrounds in professional, health, and academic fields.

What happens at group?

Group begins with check-in where participants share about themselves and their week, followed by an open discussion about topics brought up during check-in. During the last 15 minutes, we socialize with tea and snacks.