

# Borderline Personality Disorder - A Pause to Understand

October 2, 2025

10:00-11:30am MT

Ever wonder what BPD is? Join this session to learn how to understand complex behaviours and situations, navigate moments with greater ease, and support with empathy, validation, and meaningful impact.

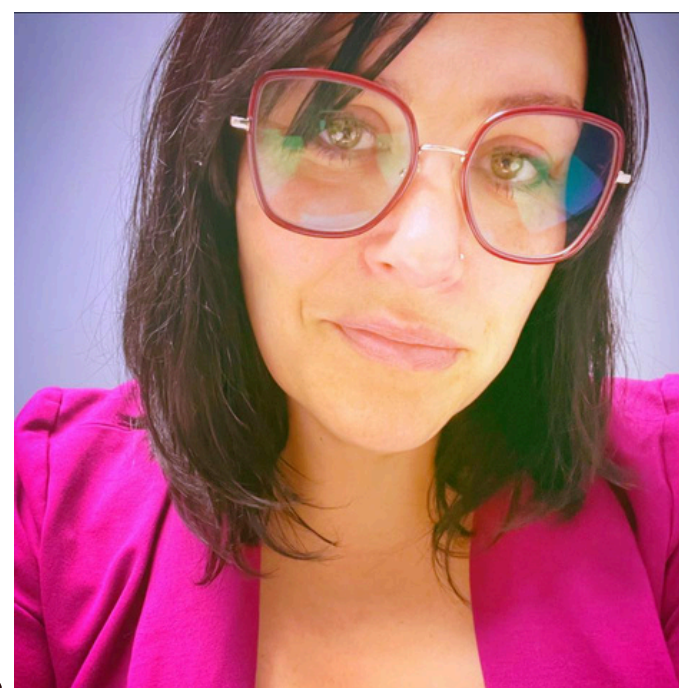


## Learning Outcomes:

- You'll learn through a trauma-informed lens just how much connection, tone, body language, and words impact people
- You'll learn how to talk about drug and alcohol use with people who have BPD
- You'll connect some of the dots that may have you feeling defeated, overwhelmed or living like it's groundhog day

## Speaker:

Amanda Dubé, a proud Métis citizen, Master Practitioner Clinical Counsellor, Counselling Therapist and Executive Leader in Alberta. In her part-time practice, she specializes in the clinical treatment of BPD for clients and their support networks, education the public through a trauma-informed lens on how we all have a role to play in recovery, support, and community prosperity.



Target Audience: People who want to learn about a complex disorder recognizing over 880,000 Canadians are impacted by BPD. If you know or love someone living with BPD, if you know or love someone with BPD who self harms or uses drugs and alcohol to try and ease their experience- this is a great workshop for you.

Please register for session at:  
<https://fntn.ca/Home/Register-VC?eid=22453>

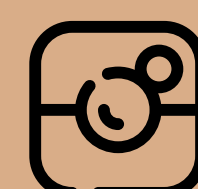
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