



Are you a male with BPD?

Beyond the Borders

Come and join our group!

We are a small peer-led group who focus our meetings around understanding our diagnosis and living with it

> We aim to provide a supportive community where you can explore coping strategies and exchange ideas

We meet weekly on zoom on Wednesdays from 6.30pm -8.30pm We welcome anyone from the UK For more information please contact btbgroup@rethink.org or call 07576 366657

rethink.org



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