

The Power of Telling Stories

Once upon a time there wasnothing more important to us than being told a bedtime story. It was a chance to have someone speak to us in close quarters, to tell us something that was important and interesting. We learnt from these stories - why the boy cried wolf, why the caterpillar was hungry - and our relationship with the storyteller became stronger.

Stories give us insight, they connect us with others and they can do more, they can change the world. Stories tell us about ourselves and our world.

Have you ever heard anyone go on and on, rambling about with no sense of purpose and nothing interesting to talk about? I am sure we all have. It's easy enough to do. There's probably only one thing worse than saying nothing, and that is saying it badly.

When we tell a story, we need to understand our audience.

At our next Info Night, we will have two speakers present their stories to us. One person with lived experience, one person who is a family member. They will be selected from amongst those who do the Ambassador's Program.

Telling your own story is not easy. The experiences of people affected by BPD can be especially moving and it takes a brave person to speak out. When we do speak out, we can help make change happen. Others can learn from our experiences; we can give back to our community. We also help to create the relationships that are so important in creating a community to support each other, to support recovery.

It would be great if you joined us to hear these brave people tell their stories on Wednesday 31 July.

Rsvp to save a seat to:
barb@bpdcommunity.com.au



TITLE: The Power of Telling Stories

**PRESENTED BY:
BPD Community**

**TIME: 6.30pm
DATE: Wed 31 July 2019**

**PLACE:
Star Health
341 Coventry St
Sth Melbourne**

**Please RSVP to:
barb@bpdcommunity.com.au**

On the Couch



Everyone with BPD has a different experience. But it is the things we have in common that makes our stories so strong.

At our Info Night we will have a skilled and experienced person (not a cat) who will sit with our speakers 'on the couch' and interview them once they have spoken. We are

looking for common threads in our experiences.

We will have the chance to ask our speakers questions on the night, to have a discussion on the state of things and what we can do.

It is so good to be in a room full of people who understand BPD, and that can make us all experts of our own world. A more vibrant and sensitive group is hard to find.

We are waiting to confirm who will be conducting the events of the evening and will keep you all informed and updated.

See you on the 31st July! Put it in your diary now and rsvp to:
barb@bpdcommunity.com.au