

# Family Connections™



Is someone you know experiencing difficulty regulating emotions?

People with emotion dysregulation often have intense feelings of:

***sadness - shame - anger - anxiety***  
***impulsivity – mood swings – suicide ideation***

This often leaves family members and friends at a loss of how to best support their loved one.

FAMILY CONNECTIONS™ is a free 12-week skills based program, **offered over two weekends one month apart**, designed specifically for family members and friends of those struggling with emotional dysregulation or who may have been diagnosed with Borderline Personality Disorder (BPD).

FAMILY CONNECTIONS™ provides family members with knowledge and practical coping and communication skills to regain balance in their lives as well as skills to better manage emotional reactions to challenging situations.

## North Bay 2 Weekend FC Program

### Location:

Nipissing Peer Support Services  
351 Ferguson Street, Second Floor  
North Bay, ON P1B 1X1

### Weekend #1:

\*Sat-Sun. Feb 2 & Feb 3 2019

### Weekend #2:

\*Sat-Sun. Mar 2 & Mar 3 2019

\*must be available to attend all 4 days

**Time:** 8:30 am to 5:00 pm (each day)

**Location/Dates/Registration:** Please check website at:

<http://sashbear.org/en/family-connections>

Follow to bottom of page to register.

**Program Delivery Cost:** Free

**Donations welcome:**

<https://www.canadahelps.org/dn/26393>

**For More information:**

[fcprogram@sashbear.org](mailto:fcprogram@sashbear.org)

*"There is a renewed sense of calm in our home and this program has helped us to accept our current reality so we can be active participants in creating a new one. This new found perspective on communicating in a way that honours the value of everyone assists you in building meaningful relationships with all who cross your path."*

**FC Participant**

The FAMILY CONNECTIONS™ program was developed by practicing clinician/researchers (Drs. Fruzzetti & Hoffman) and modified in consultation with family members

The program is based on dialectical behavior therapy skills.



**The Sashbear Foundation**

Making waves on BPD and suicide prevention...

