

Family Connections™ Alumni Group



Have you completed Family Connections™ and are now wondering “now what?”

1. **Register online for another session at**

<http://sashbear.org/en/family-connections/family-connections-2> **Practice, practice, practice!**

2. **New If you'd like to refresh specific skills by joining us for our monthly FC Alumni group**

FC Alumni Meeting Format:

- one hour to review specific skill(s)
- one hour for open-ended discussion

Tentative LIST OF TOPICS

- **May 23rd – Basic Assumptions and Rights of Relatives; Why and How These Are Critical; Review of Family Education Issues**
- **June 20th – Observing Limits; Setting Limits**
- **September 19th -- Relationship Mindfulness Skills**
- **October 24th – Acceptance (Radical) and Change**
- **November 21st – Validation (Validation versus Invalidation)**

* no group currently scheduled for July, August, December

** please check website to confirm dates, location and topics

Location:

Blessed Sacrament School
24 Bedford Park Avenue
(1 block North of Lawrence Ave, West of Yonge)
Staff Room – 3rd Floor Rm 318

Free parking at back of school
(driveway entrance on east side of school)

Subway: Yonge-Lawrence Subway (WestSide)

Date: Third Tuesday of each month

Time: 6:00 pm to 8:00 pm

Confirm Location/Dates:

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

Drop in and light refreshments

Cost: Free

Help support this amazing program through donations at:

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

For More information:

fcprogram@sashbear.org

Or phone

416-523-0495 or 1-888-523-0495

NOTE: no elevator

“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 Sashbear Foundation

Making waves on BPD and suicide prevention...

