

## Family Connections™ Is this Program for You?

- I am a family member, caregiver or close friend of someone struggling with BPD or emotion dysregulation.
- I want to improve my relationships.
- I am willing to consider how my own behavior impacts my relationships.
- I am willing to try out new skills even though they may be uncomfortable at first.
- I am willing to attend all classes.
- I am willing to fully participate in the classes and practice what I have learned.
- I want to have the knowledge and tools to create a better life.

Research has demonstrated that family members who participate in the Family Connections™ experience:

- Reduced distress and depression
- Increased mastery/empowerment
  - Decreased burden
  - Decreased grief

## Family Connections™

- Provides education, skills training, and support
- Develops group support that builds an ongoing network for family members
- Meets weekly for 12 weeks
- Free of charge



### For More Information on Family Connections™ Programs in Canada

Visit: [www.sashbear.org](http://www.sashbear.org)

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

Call: 416.523.0495 or 1.888.523.0495



### The Sashbear Foundation Making waves on BPD and suicide prevention

[www.sashbear.org](http://www.sashbear.org)

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Charitable Organization Number: 823390042RR0001

The FAMILY CONNECTIONS™ program is provided in Canada by the The Sashbear Foundation.

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



The National Education Alliance for  
Borderline Personality Disorder

09/16



## FAMILY CONNECTIONS™

A skills-based program that offers a lifeline for families and friends of loved ones that face emotional challenges

Does someone you know experience difficulty regulating their emotions?

Substance Abuse • Depression  
Anger • Self Injury • Anxiety  
Mood Swings • Suicide Ideation  
Impulsivity • Sadness • Shame



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[www.sashbear.org](http://www.sashbear.org)

FAMILY CONNECTIONS™

## About Family Connections™

The Family Connections™ program is designed for family members and friends of someone with emotion dysregulation or Borderline Personality Disorder (BPD) to provide a foundation for better understanding of this complex disorder. It is designed specifically to obtain knowledge and develop practical skills that will be helpful for their own well-being.



## Targeted Participants

- Parents
- Caregivers
- Spouses/Partners
- Adult Children
- Adult Siblings
- Friends

**“Sashbear provided a setting that felt very safe for everyone to share their challenging and painful experiences that alone was a gift.”**

## Groups

Groups are hosted in a community setting and led by trained group leaders who are usually family members of relatives with emotion dysregulation.

## Course Content

- Education on emotion dysregulation and BPD
- Research on BPD and on Family Functioning
- Family Perspectives and Experiences
- Relationship Mindfulness Skills
- Effective Communication Skills
- Validation Skills
- Application and practice of skills
- Individual coping skills based on Dialectical Behaviour Therapy (DBT)

## Framework of Program

The course content was developed by a team including practicing clinicians, researchers, family members and people in recovery.

The format of the classes combines real life experiences and allows group participants to obtain information as well as acquire and practice the application of skills in a confidential and supportive environment.

## Quotes from Participants:

**“Family Connections™ is better than anything we have encountered in our almost 10 years of counselling and advice from mental health professionals”**

**“This program is an amazing tool, and although it is not always easy to implement the strategies learned, they do work and they have made a difference in my relationship with my daughter.”**

**“The skills introduced in the course have brought me a place where I am better able to:  
1) Accept our situation 2) Understand our daughter’s behaviour 3) Work as a team with my husband on parenting issues 4) Make progress towards better communication with our daughter The biggest gift for me is the feeling that there is hope for the future”**