

Family Connections Program Toronto

Are you the family member of an adolescent (age 14 -18) with
Emotion Dysregulation problems?

**Such problems
may include:**

**Substance Use
Anger
Anxiety
Depression
School Problems**

The **Family Connections program** is part of a research study designed for family members of adolescents with **emotion dysregulation problems**.

This program has been designed to provide the family members with knowledge and skills for their own well-being and for better understanding their adolescent. In addition, it will also help to develop a support network for the family members who participate.

This **12-session skills group** is free of charge and part of a research study at CAMH.

**If you wish to be considered for
participation in this unique
program:**

**Call : 416- 535 - 8501
Ext. 4919**

OR

Email : tali.boritz@camh.ca