



## FAMILY CONNECTIONS™

An evidence-based<sup>1</sup> skills 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?

Emotion Dysregulation • Anger  
Substance Use • Depression  
Self Injury • Anxiety • Sadness  
Mood Swings • Impulsivity  
Suicide Ideation • Shame



**Sashbear.org**

Making waves on mental health, BPD, and suicide prevention

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

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

## Is this Program for You?

- I am a family member, caregiver or close friend of someone with BPD, BPD traits, or emotion dysregulation.
- I want to have the knowledge and tools 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 fully participate in all the classes and practice what I have learned.

## Family Connections™

- Provides education, skills, and support to families across Canada
- Offered in two formats: weekly over 12 evenings, or two-weekend intensive
- No referral or formal diagnosis needed
- Free to participants, thanks to local partnerships and our generous donors
- Offered in English and French

## Expert Education Series

- Free, online, monthly webinar presentations  
[www.sashbear.org/expert-education-series](http://www.sashbear.org/expert-education-series)
- Library of 30+ recorded presentations  
[www.youtube.com/c/TheSashbearFoundation](http://www.youtube.com/c/TheSashbearFoundation)
- International clinical and research experts
- Topics include family skills for managing with BPD, emotion dysregulation and related disorders.

## About Family Connections™

The Family Connections™ program is designed for family members and friends of someone with emotion dysregulation 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

Research shows participants experience:

- increased sense of mastery and empowerment
- decreased burden, grief and depression

## Groups

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

## Course Content

- Education on emotion dysregulation and 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<sup>2</sup>.

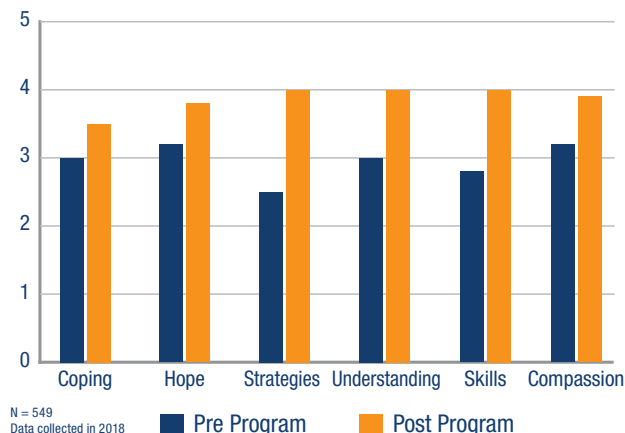
The format of the classes combines real life experiences and allows group participants to obtain information as well as acquire and practice the application of skills in a confidential and supportive environment.

## 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.”

Average Improvement in Participant Coping Skills Before and After FC Program



## FAMILY CONNECTIONS™

REGISTER AT:  
[www.sashbear.org/family-connections](http://www.sashbear.org/family-connections)



For More Information on  
FAMILY CONNECTIONS™ Programs in Canada

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

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

Call: 416.523.0495 or 1.888.523.0495



### The Sashbear Foundation

Making waves on mental health,  
BPD and suicide prevention

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

Charitable Organization Number: 823390042RR0001

<sup>1</sup>Hoffman et al (2005); Hoffman, Fruzzetti and Buteau (2007); Flynn et al. (2017); Lijedahl et al. (2019)

<sup>2</sup>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  
[www.neabpd.org](http://www.neabpd.org)