The Sashbear Foundation

Making waves for BPD, emotion dysregulation and suicide prevention

- Life Coping Skills
- Mental Health Awareness
- Suicide Prevention
- Education and Training
- Fighting Stigma

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Making waves on mental health, BPD, and suicide prevention

THE SASHBEAR FOUNDATION

What People Are Saying

"For me the only way I could transform is from the Family Connections™ program - it was the only program I felt allowed me to look at things differently and see HOPE!"

—FC participant

"I am diagnosed with depression, anxiety and a minor bi-polar disorder and it feels good to openly discuss these things without feeling judged and pitied."

—Student feedback from school presentation

"As a Family Connections™ facilitator and elementary school teacher I have found the skills to be so valuable when helping young children navigate their self-regulation and emotional growth. It has truly benefited and informed my practice, helping me to become a more empathetic and effective teacher."

—FC leader and TDSB teacher

"I have shown the video to 3 different groups of kids in treatment and they all thought it was the best thing they ever saw and that it would help so many people to understand themselves and reduce stigma."

—Message from youth in treatment after watching Mindfulness day video

What We Do

- Give families skills and hope through evidence-based programs and educational activities including **Family Connections™**

  Go to: *https://sashbear.org/family-connections*

- Provide expert information about effective treatments and skills that work for families through our live and recorded online **Expert Education Series**

  Go to: *https://sashbear.org/expert-education-series*

- Support early intervention via **school talks** to students, teachers and parents
- Speak about family perspective and skills in **conferences** around the world
- Host awareness events such as the annual **Sashbear Walk** every May and **Sashbear Mindfulness Day** on March 10 each year

"I can't say enough about the Family Connections™ program and how using skills stabilizes the entire family, even after only a few sessions."

—youth mental health Family Navigator

- Bring awareness about emotion dysregulation and **eliminate the stigma** surrounding it
- Encourage open discussions to better understand and support people with BPD so that **everyone can have a life worth living**

Our Mission

To lead a mental health reform by promoting awareness for the need of early prevention, recognition, timely intervention and access to affordable treatment of individuals with emotional dysregulation.

About Life Coping Skills

The core goal of Sashbear involves awareness and dissemination of effective life coping skills.

The root of these skills come from Dialectical Behaviour Therapy (DBT), an evidence-based treatment with extensive research showing it is effective for many mental health challenges including Borderline Personality Disorder, emotional dysregulation, self-harm and suicidality, PTSD, and major depression.

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How It All Began

Sasha Menu Courey, who had Borderline Personality Disorder died by suicide in 2011 at the age of 20. Shortly thereafter, family and friends got together to form what would later become The Sashbear Foundation, to fill gaps in the mental health system with skills and hope.

Our Strategy

Dissemination and awareness about the power of effective life coping skills

Our Viewpoint

The skills work because they:

- include acceptance of the struggle
- include strategies for change
- foster understanding, and it's powerful to feel understood
- help us see other people's point of view even if different from our own
- help us see the world in a more accurate and compassionate way

The Sashbear Foundation

Making waves on mental health, BPD and suicide prevention

Empowering family members and communities with life transforming skills and hope, through workshops and evidence-based programs at no charge

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