

## 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 future for myself and my loved one.

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

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

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



## The Sashbear Foundation

Making waves on mental health and suicide prevention

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

✉ [info@sashbear.org](mailto:info@sashbear.org)    **f** [SashbearOrg](http://SashbearOrg)    **t** [@SashbearOrg](https://twitter.com/SashbearOrg)

Charitable Organization Number: 823390042RR0001

## FAMILY CONNECTIONS™

- Provides education and skills training.
- Builds an ongoing supportive network for family members.
- Meets one evening per week for 12 weeks OR 2 weekends (all day Sat & Sun) one month apart.
- Free of charge.
- Can be repeated as many times as needed.
- No referral needed. Loved one does not need a formal diagnosis.

For information about:

- Enrolling in a session that is open for registration.
- Adding your name to the wait list for a session that is currently full.
- Adding your name to the notification list to receive emails when new sessions are posted.

Visit: [sashbear.wildapricot.org/AB-Groups-Upcoming](http://sashbear.wildapricot.org/AB-Groups-Upcoming)

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

Call: 1-888-523-0495 or 780.907.7054



## FAMILY CONNECTIONS™

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

**Does someone you care about have difficulty regulating their emotions?**

Substance Abuse • Depression  
Anger • Self Injury • Anxiety  
Mood Swings • Suicidal Ideation  
Impulsivity • Sadness • Shame  
Presented with support from:



Mental Health Foundation

## About FAMILY CONNECTIONS™

The Family Connections™ program is designed for family members and friends supporting loved ones with emotion dysregulation who may or may not have been diagnosed with Borderline Personality Disorder (BPD). It provides a foundation for understanding this complex disorder and offers practical skills to help participants learn how to support both their loved ones and themselves more effectively.



## Who Should Attend?

- 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 Alberta Health Services facilities and led by trained facilitators who are usually family members of loved ones with emotion dysregulation.

The format of the classes includes real life examples and allows participants to learn about and practice skills in a confidential and supportive environment.

## Course Content

- Education about emotion dysregulation and BPD
- Development and application of skills based on Dialectical Behaviour Therapy (DBT):
  - Mindfulness & Relationship Mindfulness
  - Radical Acceptance
  - Emotion Management
  - Validation
  - Effective Communication
  - Problem Management

## Program Framework

This evidence-based program was developed by clinician scientists Alan Fruzzetti & Perry Hoffman for NEABPD and adapted for delivery by peer trainers in consultation with family members and people in recovery.



The National Education  
Alliance for Borderline  
Personality Disorder

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

## 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”**