

FAMILY CONNECTIONS™ Is this Program for You?

- I am a family member, caregiver or close friend of someone with 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 training, 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

FAMILY CONNECTIONS™

REGISTER AT:

www.sashbear.org/en/family-connections



**For More Information on
FAMILY CONNECTIONS™ Programs in Canada**

Visit: www.sashbear.org/en/family-connections

Email: fcprogram@sashbear.org

Call: 416.523.0495 or 1.888.523.0495



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Making waves for mental health
and suicide prevention

www.sashbear.org

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Charitable Organization Number: 823390042RR0001

¹Hoffman et al (2005); Hoffman, Fruzzetti and Buteau (2007); Flynn et al. (2017); Liljedahl et al. (2019)

²The 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



FAMILY CONNECTIONS™

An evidence-based¹ 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?

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



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

www.sashbear.org

FAMILY CONNECTIONS™

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



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

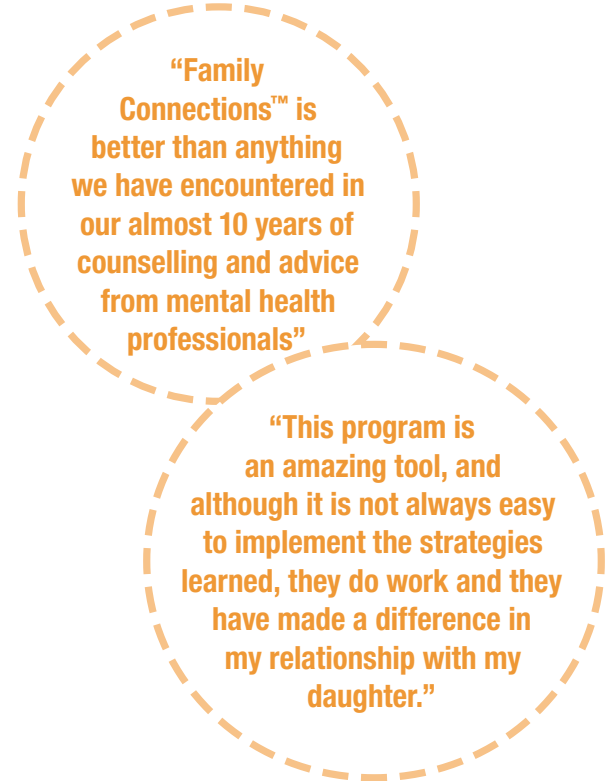
- Education on emotion dysregulation and family functioning
- Family perspectives and experiences
- Relationship mindfulness skills
- Effective communication skills
- Validation skills
- Application and practice of skills
- Individual coping skills based on Dialectical Behaviour Therapy (DBT)

Framework of Program

The course content was developed by a team including practicing clinicians, researchers, family members and people in recovery².

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:



Average Improvement in Participant Coping Skills Before and After FC Program

