



The **FAMILY CONNECTIONS™** program is a DBT skills-based course and support network provided in BC, Canada, by **EmotionsBC** Health & Wellness Society of British Columbia.

The FAMILY CONNECTIONS™ program was developed by practicing clinicians and researchers, Drs. Fruzzetti and Hoffman, with consultation of family members of patients suffering with Borderline Personality Disorder. Developed for the National Education Alliance for Borderline Personality Disorder (NEA-BPD), this evidence-based program has been invaluable for a variety of emotion-based difficulties, or diagnoses, including, but not limited to, Borderline Personality Disorder (BPD), Obsessive Compulsive Disorder (OCD) • Bipolar • Schizophrenia • Autism • ADHD • Anxiety • Depression.

“The Family Connections course changed my life and enabled me to learn practical skills to help my family communicate better than ever.”

**TO REGISTER, CONTACT**



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CREATED BY NATIONAL EDUCATION ALLIANCE FOR BORDERLINE PERSONALITY DISORDER



# FAMILY CONNECTIONS™ Gain the Skills to Strengthen your Family

This FREE 12-week DBT skills based program is for families and caregivers of persons dealing with emotional difficulties.



## Build peace, connection and hope

through better understanding and effective communication strategies. The **Family Connections™** course is helpful for anyone whose loved one deals with Anxiety, Depression, Anger, Impulsivity, Self Injury, Suicide Ideation, Substance Use, Eating Disorders, Shame, Mood Swings, Psychosis, Autism, or any emotional difficulty.

# FAMILY CONNECTIONS™

Family Connections™ is a FREE course that provides education, skills training, and support based on Dialectic Behaviour Therapy (DBT) for friends and family members of someone who has difficulty regulating their emotions.

## COURSE OBJECTIVES

- Reduce Conflict and Increase Peace
- Decrease Grief and Burden
- Reduce Distress and Depression
- Increase Empowerment
- Enhance own Well-being
- Improve Relationships

## CONTENT

The focus of this course is to develop practical skills, based on Dialectic Behaviour Therapy (DBT).

- Emotion Dysregulation Traits
- Family Functioning
- Family Perspectives and Experiences
- Relationship Mindfulness Skills
- Effective Communication Skills
- Validation Skills
- Application and practice of skills
- Coping Skills
- Peer-based learning

## FORMAT

This 12-week DBT-based Training program is led by trained facilitators with lived experience dealing with loved ones with emotion dysregulation. The program covers theoretical knowledge, peer-



“The Family Connections course is a ray of hope for our family in a deep sea of seemingly endless despair and pain.”

learning through real life experiences and the practical application of new learned skills. The format includes a support network element which enhances understanding and coping strategies.

## WHO SHOULD ATTEND

This course is designed for people who support a person with emotional dysregulation. This course is not counselling or therapy and is not designed for patients with mental health challenges. This course is for:

- Parents, Guardians or Caregivers
- Spouses or Partners
- Adult Siblings (age 18+)
- Extended Family Members or Grandparents
- Friends
- Emergency/First Responders/Health Workers
- Teachers and other Support Workers