



FAMILY CONNECTIONS™

Does someone you know experience difficulty regulating their emotions?

People with emotion dysregulation often experience:

**Substance Use • Depression • Anger
Self Injury • Anxiety • Mood Swings • Sadness
Suicidal Ideation • Impulsivity • Shame**

This often leaves family members and friends at a loss for how to best support their loved one.

FAMILY CONNECTIONS™ offers a lifeline

WHAT IS IT? A free, 2-weekend skills-based program. We provide family members with practical skills that are helpful for your own well-being.

WHAT WILL YOU GAIN? Knowledge. Practical coping and communication skills to regain balance in your life. Skills to better manage emotional reactions to challenging situations.

FORMAT? Groups are hosted in a community setting and led by trained facilitators who are usually family members of relatives with emotion dysregulation.

"There is a renewed sense of calm in our home and this program has helped us to accept our current reality so we can be active participants in creating a new one. This new found perspective on communicating in a way that honours the value of everyone assists you in building meaningful relationships with all who cross your path." —FC Participant

The FAMILY CONNECTIONS™ program was developed by practicing clinician/researchers (Drs. Fruzzetti & Hoffman) and modified in consultation with family members. PROVIDED IN CANADA BY THE SASHBEAR FOUNDATION.



The Sashbear Foundation
Making waves for mental health
and suicide prevention



**Alberta Health
Services**

Red Deer Double Weekend FC Program

**September 14th/15th and
October 26th/27th 2019
8:30am to 5:00pm**

**Participants must be able to attend
all sessions.**

Location:

Red Deer Regional Hospital
Dana Soltes Auditorium
3942 50A Ave, Red Deer,
AB T4N 4E7

Free Parking is provided.

Register:

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

Cost:

FREE of charge, sponsored by
Alberta Health Services & the
Mental Health Foundation

**A light Breakfast, Lunch and
Coffee will be provided.**

We provide a variety of foods that
accommodate most diets. If you
have specific requirements please
bring a lunch/snack with you.

Donations welcome:

<https://www.canadahelps.org/>

Contact us:

fcprogram@sashbear.org

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www.sashbear.org

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The Sashbear Foundation

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