

Family Connections™ Program

Delivered in partnership by:
Stella's Place & Sashbear Foundation

Is your loved one experiencing difficulty regulating emotions?

This could be intense feelings of: **sadness - shame - anger - anxiety - impulsivity - mood swings**

Want to be able to better support your friend or family member?

FAMILY CONNECTIONS is for **young adults aged 16 - 29** who are supporting a friend or family member that is experiencing emotional regulation challenges.

10-Week Program

Date: June 28 - Aug. 30, 2016

Time: Tuesdays, 6:20 - 8:30

Where: Stella's Place

Location: 18 Camden St.

(Near Richmond & Spadina)

Family Connections™

This is a free, 10-week, skills based program, designed specifically for family members and friends of those struggling with emotional regulation challenges.

Skills & Knowledge

Learning modules include:

- ▶ Mindfulness
- ▶ Emotion Regulation
- ▶ Distress tolerance
- ▶ Interpersonal Effectiveness

How to Register:

Please email Carlos Wilson to schedule a phone call at cwilson@stellasplace.ca

Note that space is limited

Registration period runs from June 01 - 15, 2016

Participants will gain skills and knowledge to regain balance in their lives and to better manage emotional reactions to challenging situations.



Young Adult
Mental Health



Sashbear.org
making waves on BPD and suicide prevention...