

Online Family and Friends Group

September 21 – December 14, 2021

WHO COULD BENEFIT?

The *Family and Friends Group: Tools for Building Emotional Resilience* is a 13-week group designed for those in relationships with individuals diagnosed with Borderline Personality Disorder or challenged with emotional dysregulation. Through education, skillstraining, and network building, group members will learn how to navigate their relationships and support their own and their loved one's well-being.

GOALS OF THE PROGRAM

1. Understand the origins, symptoms, and behaviours associated with BPD and emotion dysregulation.
2. Better manage and improve your relationships with those struggling with emotional dysregulation or BPD.
3. Increase resilience and promote optimism for caregivers or loved ones of those with BPD and emotional dysregulation.
4. Develop a support network with a like-minded community.

WHAT IS THE CURRICULUM?

Education: You will learn the most current information and research on BPD and emotion dysregulation and gain a better understanding of the associated and attending symptoms and behaviours.

Skill Training: You will learn DBT skills that promote resilience and effective coping for family members and loved ones of those diagnosed with BPD or presenting with emotion dysregulation. Skills include both acceptance and change strategies. Skills training targets/remedies specific care-taking and relational challenges for family members and loved ones.

Network Building: You will develop a support network and community of those with shared experiences and build connections with group members in similar situations.

CLASS SCHEDULE

The Family and Friends Group meets **weekly on Tuesdays from 6:00 – 8:00pm**. Each session consists of lectures, skills training, practice exercises, questions, and discussion.

FEE SCHEDULE

Cost per session is \$140 per person; \$125 per person, if joining with an additional family member or loved one. Sessions may be paid by credit card.

CANCELLATION POLICY

Clients will be charged if they are a no-show to a group. An absence is considered a no-show if less than 48 hours notice is given.

HOW TO REGISTER

Please provide us with your personal information through the form (page 2) and email it to CMBH at:

cmbh@cmbh.space

OR

Call CMBH to provide your contact information and to receive more information:

(416) 855-2624



Tanya Teall
Ph.D., C.Psych.

Registered Psychologist
Experienced F&F Group
Facilitator and
DBT Therapist



Laura Reznick
MSW, RSW

Registered Social Worker
Experienced F&F Group
Facilitator and
DBT Therapist

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PERSONAL INFORMATION

NAME: _____

PHONE: _____ EMAIL: _____

SIGNATURE: _____ DATE: _____