

Family and Friends Group: Tools for Building Emotional Resilience

The *Family and Friends Group: Tools for Building Emotional Resilience* is a 12-week group designed for those in relationships with individuals diagnosed with Borderline Personality Disorder or challenged with emotional dysregulation. Through education, skills training, and network building, group members will learn how to navigate their relationships and support their and their loved one's well-being.



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.

Skills 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.

Goals of the Program

1. To understand the etymology, symptoms, and behaviors associated with BPD and emotion dysregulation.
2. To better manage and improve your relationships with those struggling with emotional dysregulation or BPD.
3. To increase resilience and promote optimism for caregivers or loved ones of those with BPD and emotional dysregulation.
4. To develop a support network with a like-minded community.

Format: Weekly two-hour sessions consisting of lectures, skills training, practice exercises, questions and discussion. The group will run on Thursdays from 6-8pm.

Cost per session: \$140 per person, \$125 per person if you join as a couple. Sessions are paid by credit card.

How to Register

Please send the registration form by mail or email. An intake coordinator will contact you to complete a short screening.

Centre for MindBody Health
250 Eglinton Avenue West, Suite 200
Toronto, ON M4R 1A7
T: 416-855-CMBH (2624)
E: cmbh@cmbh.space

Cancellation Policy

Due to high demand and limited space, group members will be charged for late cancellations or no-shows. An absence is considered a no-show if less than 48 hours notice is given. Your understanding is appreciated.

REGISTRATION FORM

NAME: _____

ADDRESS: _____

CITY: _____ PROV.: _____ COUNTRY: _____ POSTAL CODE: _____

PHONE: _____ EMAIL: _____

SIGNATURE: _____ DATE: _____