

How can I register for a FAMILY CONNECTIONS program?

Click on this link to find your local
provider and more information
<http://familyconnections.org.nz/contact/>



The Family Connections Program was developed by practicing clinicians and researchers Dr Alan Fruzzetti and Dr Perry Hoffman in consultation with family members. It is coordinated internationally by NEABPD.

Resources including videos, webinars and book lists are available at www.borderlinepersonalitydisorder.com

In partnership with



Family Connections (NEA BPD)NZ Inc.



FAMILY CONNECTIONS MidCentral Health



**Would you like to improve
your relationship with
someone who experiences
hard to control emotions?**

These difficulties may include:

**Self-harm, suicide attempts,
difficulties regulating anger,
intense emotions, relationship
problems.**

Program content

- Education on emotion dysregulation and BPD
- Family perspectives and experiences
- Relationship mindfulness skills
- Effective communication skills
- Validation skills
- Collaborative Problem Solving

Registration

Kate Philips,
Family/Whanau Coordinator,
Manawatū Supporting Families in
Mental Health & Addictions.
Phone (06) 3558561 or email
kate@manawatusf.org.nz

Or click this link for all regional
providers and more information.
<http://familyconnections.org.nz/contact/>

What can you gain from the Family Connections Program?



Quotes from participants

"It has lessened the angst, worry and anger hoping he could be different so that I became less reactive, leading to calmer interactions between us."
(whānau member, 2018)

"Hearing the personal stories from the parent Family Connections Leader - gave me hope" (whānau member, 2018)

"Listening to everyone else and their situation made it easier for me to understand" (whānau member, 2018)

What is the Family Connections Program?

- A 12-week research-based, free program for whānau of people who experience very strong, hard to control emotions and/or have been diagnosed with Borderline Personality Disorder (BPD)
- Teaches skills based on Dialectic Behavioural Therapy (DBT)
- Opportunity to share experiences and develop a support network
- Open to those 18 and over
- Led by trained group leaders
- Maximum 12 participants per course
- 2 hours per week for 12 weeks
- Free for participants