

**FAMILY CONNECTIONSTM**

**A skills-based program that offers a**

 **lifeline to families facing**

**Borderline Personality Disorder (BPD)**

**THE NATIONAL EDUCATION ALLIANCE FOR BORDERLINE PERSONALITY DISORDER**

invites you to attend a 12 week course

**Family Connections**

**Sponsored by NAMI Sussex**

at

Unitarian Fellowship Hall

1 West Nelson Street

Newton, NJ 07860

**Sundays, February 24, 2019 through May 19, 2019**

**(6:30 - 8:30 p.m.)**

 **COURSE CONTENT:**

• Research-based program typically

 taught as 12-week course

• Education & Research on BPD

• Skills training for families based on

 Dialectical Behavior Therapy

• Relationship Mindfulness

• Effective Communication

• Validation

• Development of a support network

 **HOW TO REGISTER:**

Go to our website:

<https://www.borderlinepersonalitydisorder.org/family-connections/family-connections-pre-registration-form/>

Note: Space is limited and registration is first come, first serve. This workshop is NOT open to people who suffer from BPD, only to family members and close friends. The class is free. A voluntary $50 donation is requested. No one will be turned away for financial reasons. For questions, contact Marcy at 845-258-8240.



 National Education Alliance for Borderline Personality Disorder

 [www.borderlinepersonalitydisorder.com](http://www.borderlinepersonalitydisorder.com/)