

Family Connections™ Alumni Group



Have you completed Family Connections™
and wondering “now what?”

1. **Register online for another session at**
<http://sashbear.org/en/family-connections/family-connections-2> **Practice, practice, practice!**
2. **New If you'd like to refresh specific skills by joining us for our monthly FC Alumni group**

FC Alumni Meeting Format

- one hour to review specific skill(s)
- one hour for open-ended discussion

FC Alumni Meeting Topics & Dates – January to June 2018

- December 12th -- Open Topic/Holiday Tips
- January 23rd -- Open Topic
- February 20th – Validation (Validation vs Invalidation)
- March 20th – Validation Practice
- April 17th – Dear Man, Give, Fast
- May 22nd – Behaviour Chain Analysis
- June 19th – Open Topic

** please check website to confirm dates, location and topics

“There is a renewed sense of calm in our home and this program has helped us to accept our current reality so we can be active participants in creating a new one. This new-found perspective on communicating in a way that honours the value of everyone assists you in building meaningful relationships with all who cross your path.

- FC Participant

Location:

Blessed Sacrament School
24 Bedford Park Avenue
(1 block North of Lawrence Ave, West of Yonge)
Staff Room – 3rd Floor Rm 318

Free parking at back of school
(driveway entrance on east side of school)

Subway: Yonge-Lawrence Subway (entrance -
West Side of Yonge)

Date: 2nd last Tuesday of each month
(check website)

Time: 6:00 pm to 8:00 pm

Let us know you are coming:

<http://sashbear.org/en/family-connections>

Drop in and light refreshments

Cost: Free

**Help support this amazing program
through donations at:**
<https://www.canadahelps.org/dn/26393>

For More information:

fcprogram@sashbear.org

Or phone

416-523-0495 or 1-888-523-0495

NOTE: no elevator



The Sashbear Foundation

Making waves on BPD and suicide prevention...

