



Sashbear

## FAMILY CONNECTIONS™

# Alumni Group

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

1. Register online for another session at [sashbear.org](http://sashbear.org)
2. Practice, practice, practice!
3. Refresh specific skills by joining us for our monthly **FC Alumni Group**

### FC Alumni Group Format

- 6:00 - 8:00PM, light refreshments offered
- One hour to review specific skill(s)
- One hour for practice and open-ended discussion

### FC Alumni Group Topics and Dates – 2018/2019

Sep 12/18	Basic Assumptions & Rights of Relatives
Oct 3/18	Relationship Mindfulness
Nov 7/18	Radical Acceptance and Change
Dec 5/18	Holiday Tips
Jan 9/19	Open Topic
Feb 6/19	Validation (vs Invalidation)
Mar 6/19	Validation Practice
Apr 3/19	DEAR MAN, GIVE, FAST
May 1/19	Behaviour Chain Analysis
Jun 5/19	Open Topic

**Let us know you are coming! Register online**

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

*“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*

The FAMILY CONNECTIONS™ program was developed by practicing clinician/researchers (Drs. Fruzzetti & Hoffman) and modified in consultation with family members. PROVIDED IN CANADA BY THE SASHBEAR FOUNDATION



**The Sashbear Foundation**

Making waves for mental health and suicide prevention

**The Sashbear Foundation** | [fcprogram@sashbear.org](mailto:fcprogram@sashbear.org)

## Family Connections™ Alumni Group

### Location:

Blessed Sacrament School  
24 Bedford Park Avenue  
(1 block north of Lawrence Avenue and west of Yonge St.)

Staff Room – 3<sup>rd</sup> Floor, Room 318

### Getting There:

Subway – Lawrence Station (exit on the west side of Yonge)  
Free parking – at back of school, driveway entrance on east side of school

### Time:

6:00pm – 8:00pm

### Let us know you are coming:

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

### Cost:

Free

### Accessibility:

We regret there is no elevator to the third floor meeting room.

### Donations welcome:

<https://www.canadahelps.org/dn/26393>

### For more information:

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

### Or phone:

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

Visit us at

# Sashbear.org

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