



Training & Education Center (TEC)

Getting Off the Emotional Roller Coaster:

**10-Week Skill Building Workshop
for Families & Friends of People with
Borderline Personality Disorder (BPD),
Bipolar Disorder or Major Depression
(Often Co-occurring with Substance Use Disorders)**

When someone we love has a disorder that affects their mood and ability to control their emotions and impulses, life can feel like an “emotional roller coaster” with ups, downs, twists and turns that can be overwhelming, draining and sometimes scary. This workshop will help you respond, not just react, so you can get yourself and your life back under better control. You will learn key information about these 3 disorders, as well as the key skills of SELF-CARE, EMOTION REGULATION, EMOTIONAL VALIDATION, LIMIT SETTING, SUICIDE/VIOLENCE PREVENTION & SELF-INJURY MANAGEMENT.

We will use interactive discussions, presentations with slides, guest speakers, demonstration role plays, practice exercises and homework assignments that combine “lived experience” and evidence-based tools. *Classes will be co-facilitated by a therapist and person in recovery from one of the disorders and a family member/graduate of this workshop*

WHEN?	Spring and Fall of each year – One evening a week for 10 weeks
WHERE?	Philadelphia, Montgomery County & Chester County
FEE?	The Philadelphia workshop is <u>FREE</u> IF you/your loved one live in Philadelphia <i>If you or your loved one do <u>not</u> live in Philadelphia, fees apply</i>

For more information, to be notified of dates when scheduled
Or to register call TEC at 267-507- 3865
or write to mlowery@mhphope.org or visit www.mentalhealthpartnerships.org