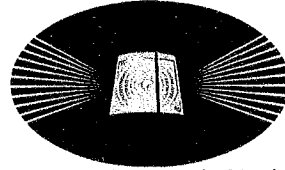


Education, Skills, Support

Family Connections[®]

Awareness Brings Hope



May is Borderline Personality Disorder
Awareness Month

©Family CONNECTIONS is a 12-week program for family members challenged by loved ones with borderline personality disorder (BPD), or symptoms of the disorder.

BPD is a serious mental illness that centers on the inability to manage emotions effectively. The symptoms include

- Impulsivity
- Rapidly-changing moods
- Rage
- Bodily self harm
- Suicide
- Chaotic relationships
- Fears of abandonment
- Substance abuse

The Family Connections program is led by trained leaders who are themselves family members and it provides

- current information on BPD
- coping skills based on Dialectical Behavior Therapy (DBT)
- a support network.

To find out how to benefit from Family Connections, please contact:
bpdutahcounty@gmail.com