



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 the key skills of SELF-CARE, EMOTION REGULATION, VALIDATION, LIMIT SETTING & CRISIS 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 MaryCatherine Lowery M.S., TEC manager, Denice Buzzetto, CPS (a person in recovery), and a family peer specialist.*

<b>WHEN?</b>	<b>10 Wednesdays evening, 6:30 to 8:30 PM September 27, October 4, 11, 18, 25, November 1, 8, 15 (skip 22), 29, and December 6<sup>th</sup>.</b>
<b>WHERE?</b>	<b>Belmont Behavioral Hospital 4200 Monument Rd. Philadelphia</b>
<b>FEE?</b>	<b>Free for Philadelphia residents, fee for others</b>

**FOR MORE INFORMATION OR TO REGISTER NOW (space is limited),**  
call TEC at 267-507-3865 or write to [mlowery@mhasp.org](mailto:mlowery@mhasp.org)  
You can also visit [www.mhasp.org/about-tec](http://www.mhasp.org/about-tec)



## **Evaluation Comments from Participants in “Getting Off the Emotional Rollercoaster” Family Skill Building Workshop**

“This class helped me be more aware of my daughter’s illness, increased my self-esteem and decreased my guilt.”

“To see through the eyes of my loved ones, see them from the inside. It was revealing.”

“I have taken Family-to-Family and this workshop was the perfect complement. It gave me skills to apply my knowledge.”

“This has been one of the most interesting workshops I have ever attended.”

“It is a tremendous relief to know that support is there for me. In helping me you are helping my son.”

“This course was amazing & wonderful. It was an answer to my prayers for healing of myself.”

“This course provided great tools each week & sharing of real stories.”

“The instructors were fantastic. I have many degrees but this building block approach was so well done... a great educational experience.”

“I am so grateful there is a workshop like this for people like me. I was so mystified on what to do & how to act a year ago and now I have an excellent path & great direction, more peace & more confidence. Thank you a million times over.”

“Thank you! My life has changed for the better. I am making good decisions for my life now. I feel like I have a second chance for another life- a good life- I feel freer.”

“So important to know what I will & will not accept and act consistently in setting limits.”

“There has been a different understanding of my reaction toward my daughter. It has helped the whole family relate better.”

