

A photograph of three people from behind, looking out at the ocean under a cloudy sky. On the left is a woman with curly brown hair and glasses. In the middle is a person with short brown hair. On the right is an older woman with white hair and glasses. They are standing close together. In the top right corner, there are five stylized bird silhouettes in yellow, red, and blue. A large yellow banner with a distressed, hand-painted texture covers the lower half of the image, containing the title and subtitle text.

Yellow
Brick
Road

Family Connections Programme

For whānau of people with
mental health challenges

**Are you supporting
a whānau member
who has a borderline
personality disorder (BPD)
or is experiencing severe
emotion dysregulation
(SED)?**

If so, the Family Connections programme, facilitated by Yellow Brick Road across New Zealand, could help you.

There is support for you as a family member.

What is the Family Connections Programme?

This research-based programme provides help and support for whānau members who are supporting a loved one diagnosed with, or who they believe may have, BPD, SED, or similar.

Designed by Dr Alan E Fruzzetti & Dr Perry Hoffman of the National Education Alliance for Borderline Personality Disorder (NEABPD) USA, the programme aims to:

- Build on family members' skills.
- Improve understanding of personality disorders.
- Promote whānau wellbeing.

The information provided is based on effective treatment theories and practices.

It is suitable for parents, spouses, siblings, friends and others in a supporting role.



Does your whānau member have BPD or SED?

Are you concerned about a whānau member experiencing difficulties that may include:

- Self-injury or suicide attempts.
- Difficulties with anger, passive-aggressive behaviours.
- Intense, rapidly-changing emotions characterised by extreme ups and downs.
- Relationship problems, creation of chaos or conflict.
- Impulsivity and overreaction.

The Family Connections Programme will help whānau members develop a better understanding of these complex disorders.

How will this programme help you?

The programme provides family members with an improved understanding of BPD, SED and related disorders.

Based on Dialectical Behaviour Therapy, it includes teaching you skills such as:

- Relationship mindfulness
- Effective communication
- Emotion regulation
- Handling conflict
- Validation skills
- Problem management

This programme includes group sessions, practice exercises and homework.

It also provides an opportunity to share your experiences, learn from others' experiences, and develop a support network.



How to enrol

This is a free programme that is facilitated by Yellow Brick Road throughout New Zealand.

Please contact us to find out more or to enrol.



**It takes each of us to make
a difference for all of us.**

**It's whānau ora, and it is the
foundation that inspires every
aspect of our work.**

Yellow Brick Road is a national organisation that specialises in providing support for whānau who have a loved one experiencing mental health challenges.

After 40 years of experience working with people around New Zealand, we know that if the family of a loved one experiencing mental distress are correctly supported and empowered, the path they walk leads to increased wellbeing for the whole whānau.

Positive change is our singular focus. By working together, we can help you thrive.



Supporting families
towards mental wellbeing

Northern Region
0800 732 825

Central North Island
0800 555 434

South Island
0800 876 682

yellowbrickroad.org.nz