



Family & Friends Class

Understanding & coping when your loved one has Borderline Personality Disorder

Loving someone with Borderline Personality Disorder (BPD) can be confusing, intense, and even painful. The Family & Friends Class is a 4-session educational series designed to increase understanding of the illness and equip family and friends with tools for coping effectively.

Who should attend

This in-person class is for family members, friends, or anyone who has a loved one diagnosed with BPD. Adolescents must be 16 years or older to attend.

The Family & Friends class is *not* recommended for those with a loved one in Dialectical Behavior Therapy (DBT) treatment unless they are also diagnosed with BPD, since this class is specific to the BPD diagnosis and not DBT.

What you will learn

- Session 1: Understanding BPD and the causes of BPD
- Session 2: Mindfulness in relationships
- Session 3: Communication skills
- Session 4: Validation skills

*Cash, check or credit card accepted. Participants must attend from the first session.



pinerest.org/bpd

When

For exact days, times and registration deadlines, please visit pinerest.org/bpd

Locations

Pine Rest Northwest Clinic
2118 3 Mile Road NW
Grand Rapids, Michigan
616.222.3720

Pine Rest Traverse City Clinic
1050 Silver Drive
Traverse City, Michigan
231.947.2255

Registration

Call either of the clinics listed above.

Payment

\$125 for the entire series*
If multiple family members attending, it is \$125 for the first person and \$75 for each additional member.