

Flourishing Families

A FREE, comprehensive educational program supporting and connecting the parents and caregivers of young adults who live with mental health conditions.

6-WEEK PROGRAM INCLUDES:

Healthy Relationships Workshops

Weekly, 2-hour educational classes for learning and practicing strategies to build satisfaction in your relationship with your young adult(s)

Parent/Caregiver Coaching

Weekly, one-hour individualized skills-building sessions to make progress toward caregivers' goals and improve functioning and satisfaction

Community Conversations

Monthly roundtable discussions with families and community experts accompanied by ongoing, online asynchronous discussions on a variety of topics

Workshop Topics:

- Personal and Family Recovery
- The Power of Empathy
- Self-Care & Resource Coordination
- Tools to Engage in Difficult Conversations
- Shifting Away from Shame and Blame

Workshop & Coaching Formats:

Workshops are hosted online via Zoom
Parent/Caregiver Coaching can be scheduled in-person or online; Parents and Caregivers schedule individually with assigned Parent/Caregiver Coach

Workshop Dates & Times:

September 8 – October 13, 2022
November 3 – December 15, 2022
7:00 pm – 9:00 pm EST

Learn More or Enroll:

Contact Courtney Joly-Lowdermilk at cjoly@bu.edu or 617-483-3827