

# 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

### **Spring 2023 Workshop Dates & Times:**

Session I: January 26 – March 2, 2023

Session II: March 30 – May 4, 2023

**7:00 pm – 9:00 pm EST**

### **Learn More or Enroll:**

Contact Courtney Joly-Lowdermilk  
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