

# Caregiver Event

## Dialectical Behavioural Therapy (DBT): Connections and Communication

### *Main Presenter:*

#### *Gwenne Woodward*

Gwenne Woodward has worked in the mental health and addictions field for the past 32 years. She is currently primary therapist in the Borderline Personality Self-Regulation Clinic day treatment and Dialectical Behavioural Therapy Skills program at Ontario Shores Centre for Mental Health Sciences.

For this caregiver event, Gwenne will provide an overview of Borderline Personality Disorder (BPD) and how Dialectical Behavioural Therapy (DBT) can benefit individuals with BPD. The presentation will focus on the DBT approach and how it encourages the development of specific skills for patients and family members. Gwenne will offer suggestions for how family caregivers can support a loved one with BPD through communication and interactions that are aligned with the DBT approach.

Following Gwenne's presentation, a panel of individuals with a connection to DBT education will share their positive experience and answer your questions.

#### **Location:**

Lecture Theatre (Building 5, Level 2)  
Ontario Shores Centre for Mental Health Sciences  
700 Gordon Street  
Whitby, ON L1N5S9

**Saturday, February 23, 2019**  
**9:30am to 12:00pm**



### **FREE EVENT!**

Please register no later than Friday, February 22<sup>nd</sup>:

<https://www.eventbrite.com/e/caregiver-event-dialectical-behavioural-therapy-connections-and-communication-tickets-55710094392?aff=affiliate1>

***This event will have FREE PARKING!***

Sponsored by:



For more information, please contact the  
Family Resource Centre:

Phone: 905.430.4055 Ext. 6970  
Email: [familyresourcecentre@ontarioshores.ca](mailto:familyresourcecentre@ontarioshores.ca)