



Join Us!

"This is such an important part of dealing with a mentally ill loved one that it should be presented sooner rather than later. I learned so much from this workshop -- thank you!!"

Jeanne D.

Workshop participant

Why this workshop is special..

Getting Off the Emotional Rollercoaster was developed to empower the families and friends of those with mental health challenges by teaching self support and communication skills in a safe, friendly environment with others who are experiencing the the same ups and downs

Unlike traditional family education, it offers a 10-week, *engaging skills workshop* facilitated by a team:

- a peer who has lived experience with their own challenging diagnosis,
- a licensed clinician,
- and a workshop graduate who has experience with their own family member's mental health challenges.

Professional skills plus personal lived experience

Meet Your Team



Nicole Bennett, MSW, CCBT

I am Certified to support both Mental Health and Substance Use. As a Clinical Care Manager I coordinate care for individuals with complex mental health needs



Denice Buzzetto, CPS

I have a few mental health diagnoses and been in active recovery for 20 years. I look forward to meeting you and hearing your story!



Bianca Cory, BSW, CPS

I am a Certified Specialist who has lived experience with mental health challenges. I am earning my Master's Degree while working as a Family Peer Specialist.



Lydia Cooper, CPS, Program Manager

Even with 42 years in the Human Services field, Rollercoaster was such a help for me with my loved one I took it twice! I hope to be able to share with you soon.

EASY TO PARTICIPATE

Rollercoaster is presented In person as a dinner, and Live Online at the same time for those who cannot attend in person.

SKILL BUILDING SESSIONS

More than just information; each session provides interactive practice and skill building to help you respond, not react. Build the communication skill that keep you on track while helping your loved one

FREE MATERIALS AND GUIDES

All course materials are provided free. Handouts are given in person and for those online are available in Canvas or Google Classroom

CONTINUOUS HELP – FOR YOU!

Once you have completed the workshop, **free online support groups** with other Rollercoaster graduates are offered monthly.

When a person you love has a disorder that affects their ability to manage strong emotions and impulses, the effects on you can be exhausting, painful, and overwhelming – an Emotional Rollercoaster

Caregivers are often the casualties, the hidden victims. Nobody sees the sacrifices they make
-Judith London.

Help is now available through the interactive and engaging skill building workshop **Getting Off the Emotional Rollercoaster**. Presented by *Mental Health Partnerships* with nearly 75 years experience in their mutual, self-help approach to mental health Recovery, and hosted by *Fairmount Behavioral Health System*, whose mission is to help people develop healthy behaviors with dignity.

Contact Us



Phone

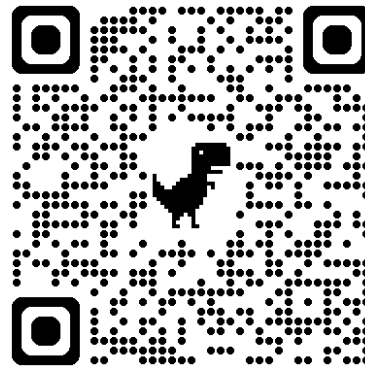
267-850-4707

Email

tecinfo@mhphope.org



Register



<https://bit.ly/rollercoaster-fairmount>



Address

Fairmount Behavioral Health
561 Fairthorne Ave
Philadelphia, PA 19128

The best way to help your loved one... is to help yourself.



Presented by



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