



The Sashbear Foundation

Making waves for mental health
and suicide prevention

February 12, 2020

To: Laura Way
From: The Sashbear Foundation
Lynn Courey
RE: Letter of Intent – Building Family Connections™ in Nova Scotia

Dear Laura,

Thank you for everything you and Brigitte Daniels have done so far to bring Family Connections™ to Nova Scotia. As you know, Family Connections™ (FC) is an evidence-based program providing transformational skills training, education and support for those with a loved one struggling with emotion dysregulation or related issue.

Groups are hosted in a community setting and are offered free of charge to participants. FC is delivered by trained, volunteer peer facilitators, typically family members who have taken the class themselves.

With your help, Sashbear has already offered one FC class, in November and December, 2018, in Windsor, NS. We plan to offer another FC group in 2020, possibly at the East Hants Family Resource Centre in Elmsdale, as the next step toward building local capacity. The ultimate goal is to run local groups on a regular basis.

The Sashbear Foundation is a volunteer-driven charitable organization, primarily funded by families who have found this free program invaluable, and who want to give back.

We greatly appreciate your efforts in obtaining financial support through local grants, and finding space free-of-charge, to help make this program available in your communities.

Yours in skills and hope,

Lynn Courey
President, The Sashbear Foundation