

# Living with a Borderline Teen / Young Adult

A workshop for parents whose teen/young adult is diagnosed with  
Borderline Personality Disorder

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No matter how hard you try to set boundaries and try to get through to your teen/young adult, it never seems to work. Life is a constant roller coaster ride and full of drama and urgency. You are constantly walking on eggshells and may even fear for your child's life.

In this workshop, you will learn about traits and characteristics of Borderline Personality Disorder (BPD). We will explore strategies for more effective communication and practice ways to set boundaries and establish a routine of self-care. This workshop is drawing on DBT skills and strategies and offers practical suggestions for improving your life with your teen/young adult.

Janette Patterson, MSW, LMFT, is a family therapist who specializes in coaching parents and teaching DBT skills to individuals, as well as couples and families to improve functioning in their relationships, as well as increase a sense of self-esteem and self-confidence.

- When: Saturday April 27, 1:00 - 3:30 pm
- Where: The Brightening Center  
(*address below*)
- Fees: \$150 per person/ \$250 per couple



Sign-up is required. Space is limited to 12 participants.



The Brightening Center is located at  
967 Swedesford Rd #100  
Exton, PA 19341 Call 610.889.0990

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