



BA HERO

COMMUNITY CONVERSATIONS

About:

Our Community Conversations program provides a monthly safe space to have in-depth conversations about what it's like to love and care for someone with BA. These virtual meetings are facilitated by an individual with a professional background in mental health. Although we will have identified topics, we acknowledge that each of you are the experts within your own journeys.

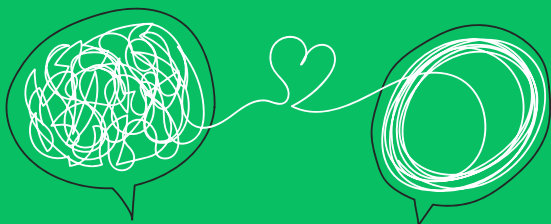
Each participant is encouraged to share their stories, lessons, and struggles with the group to find support and learn from each other. This program hopes to help families feel understood, acknowledged, and validated by others who share their same diagnosis and have walked a similar path.

This program is also available to Spanish-speaking families regardless of their location.



Involvement:

- Complete a one-time online application
- Receive invitations for monthly meetings
- Engage in an optional Whatsapp Group



Goals for conversations:

- Increase sense of community
- Decrease feelings of isolation
- Speak openly about difficult feelings and experiences
- Learn coping skills
- Gain a sense of empowerment



- Support
- Hope
- Understanding
- Sharing
- Grieving
- Healing
- Growing

IDENTIFIED TOPICS

Session 1 - BA Diagnosis

Session 2 - First Hospital Stay

Session 3 - Breaking "The News"

Session 4 - Guilt

Session 5 - Family & Friends

Session 6 - How Am I?