

STAYING CONNECTED WHEN EMOTIONS RUN HIGH



AN INTERVENTION FOR FAMILIES, FRIENDS AND CARERS WORKSHOP

Date: Tuesday, 9th April 2024

Time: 9am – 3.30pm

Venue: TBA – Southern Highlands, NSW



EVENT OVERVIEW

This workshop provides carers with additional communication skills to support someone (between 12yrs to 100yrs) who experiences any of the following:

- Has relationship difficulties,
- Demonstrates changing emotions and strong overwhelming feelings that can make communication difficult,
- Sometimes behaves in a way that makes them a danger to themselves or others.

These symptoms can be experienced in those with mental health issues, drug and alcohol dependence, developmental and learning disorders.

FACILITATORS

Dr Annemaree Bickerton
(Child, Adolescent and Family Psychiatrist)

Toni Garretty
(Clinical Coordinator Family and Carer Program Illawarra and Shoalhaven Mental Health Service)

TICKETS & DETAILS

Price: \$5.00 per person

RSVP: <https://events.humanitix.com/staying-connected-when-emotions-run-high-southern-highlands>

Morning tea, lunch and afternoon tea provided.

For further support or information please contact:
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