

STAYING CONNECTED WHEN EMOTIONS RUN HIGH



AN INTERVENTION FOR

FAMILIES, FRIENDS AND CARERS
OF THOSE LIVING WITH A MENTAL
HEALTH ILLNESS

FREE WORKSHOP

Date: Tuesday 6th September 2022

Time: 9am - 3.15pm

Venue: Club Sapphire Merimbula – 'Sapphire Room' 119 Main St, Merimbula.



EVENT OVERVIEW

This FREE workshop provides people who care for someone with a mental illness 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.

This is for family, friends and carers ONLY

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

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

Morning tea and lunch provided.

For further support or information please contact:
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