

# Staying Connected When Emotions Run High

## An intervention for Families & Carers

This **FREE** workshop will provide you with additional communication skills to support someone (12+ years) who experiences any of the following:

- Relationship difficulties.
- 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.

(Diagnosis is not necessary as the frameworks and relationship strategies introduced should be helpful to all.)

### Workshop presented by, Dr Annemaree Bickerton & Toni Garretty

*Family & Carer Mental Health Team,  
Illawarra Shoalhaven Local Health District.*



**Details:** Friday 5<sup>th</sup> May 2023, 9.30am–3.30 pm  
(Please arrive from 9.00am for registration)

**Venue:** Mortdale RSL,  
25 Macquarie Pl, Mortdale

**Cost:** Free (Tea & Lunch provided)

**For Enquiries:** Call (02) 8287 6810 or  
Email: [familyandcarer@stride.com.au](mailto:familyandcarer@stride.com.au)

This workshop will be strictly adhering to COVID-19 rules and regulations, specified by the NSW Health Department. If you are feeling unwell or experiencing any cold or flu like symptoms, we kindly ask you to not attend. We also ask you to cancel your booking if you have recently tested positive for COVID-19

Scan the QR Code to register



<https://www.eventbrite.com.au/e/staying-connected-when-emotions-run-high-tickets-542329150087>

**Registration is essential – please ensure your registration is confirmed and bring your e-ticket to the workshop.**

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