



Health
Hunter New England
Local Health District

SAVE

'STAYING CONNECTED WHEN EMOTIONS RUN HIGH'

**A workshop for professionals
working in government and non-
government organisations**

THE

ARMIDALE
Wed 25th October 2023
9:00am - 4:30pm
Venue: Armidale City
Bowling Club

DATE

Registration form will be circulated later this year and available at <https://www.islhd.health.nsw.gov.au/services-clinics/family-and-carer-mental-health-program-0/staying-connected-when-emotions-run-high>

Registration fee includes catering, workbook and certificate for 6.5 hours CPD. This workshop will introduce professionals to frameworks and relationship strategies to become a resource to someone (aged 12 and over) who has changeable and overwhelming emotions; who displays impulsive or destructive behaviour; or is diagnosed with marked emotional dysregulation (including personality disorder). Based on a highly successful intervention for families and carers, this workshop is delivered by Dr. Annemaree Bickerton (Child, Adolescent & Family Psychiatrist) and Toni Garretty (Clinical Coordinator, Family and Carer Mental Health Program).