

# STAYING CONNECTED WHEN EMOTIONS RUN HIGH



## AN INTERVENTION FOR FAMILIES, FRIENDS AND CARERS

### FREE WORKSHOP

Date: THURSDAY 26 OCTOBER 2023

Time: 9:30 am – 3:30 pm Sign in from 9:00 am

Location: Armidale Bowling Club, Armidale, NSW



## EVENT OVERVIEW

This FREE 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.

Please register with  
QR code or link



## 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

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

**Morning tea and lunch provided**

For further support or information please contact:  
**Lisa: 0428 964 000**  
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