

Staying Connected When Emotions Run High

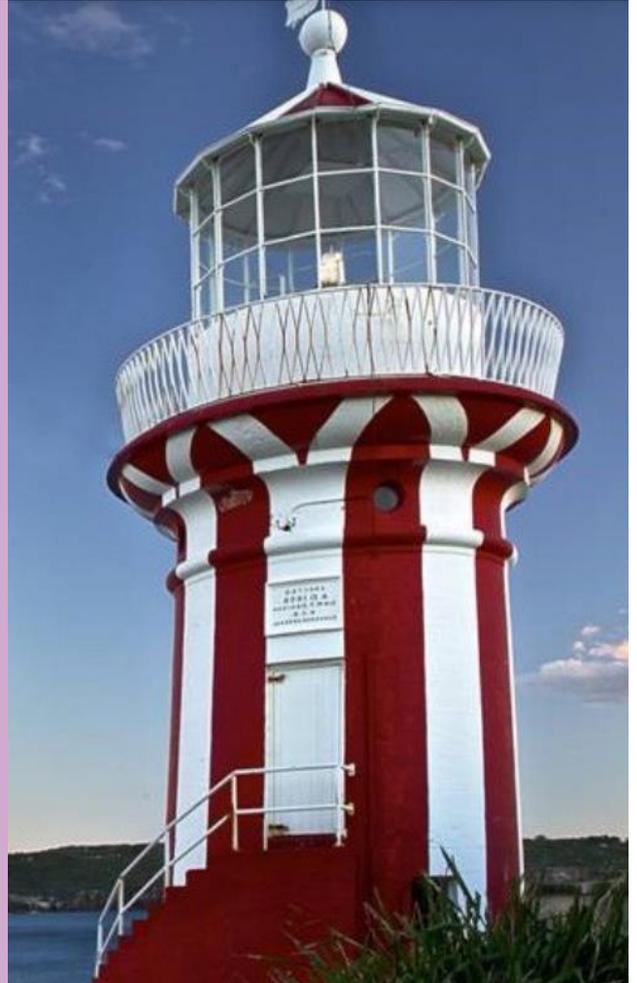
An intervention for Families & Carers

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: Tuesday November 19th 2024

9:30am – 3:30pm

(Please arrive between 9am and 9:15am
for registration and tea/coffee)

Venue: Mortdale RSL

25 Macquarie Place, Mortdale 2223

Cost: FREE for Families & Carers
(Morning Tea & Lunch provided)

Registration Essential. Please ensure you register your attendance via the QR code or link. Registration will be confirmed through Eventbrite.

Scan the QR Code to register



<https://StrideStayingConnectedWhenEmotionsRunHigh191124.eventbrite.com.au>

Registrations Essential

**For enquiries please email:
FamilyandCarer@Stride.com.au**

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