

# 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 19<sup>th</sup> 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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