

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 7th February 2023,
9:30am–3:30 pm**
(Please arrive between 9am and 9:25am for registration)

Venue: Port Kembla Golf Club,
Golf Place Primbee, NSW 2505

Cost: Free (Tea & Lunch provided)

For Enquiries: Call (02) 4229 7254 or
Email: 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

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