

# STAYING CONNECTED WHEN EMOTIONS RUN HIGH



## AN INTERVENTION FOR FAMILIES, FRIENDS AND CARERS

TAMWORTH WORKSHOP - Cost \$10

**Date:** Thursday 31<sup>st</sup> October 2024

**Time:** Registration 8.45am - Workshop 9:30am to 3:30pm

**Venue:** West Tamworth Leagues Club - 58 Phillip St, Tamworth



## EVENT OVERVIEW

This 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 disorders.

Morning tea and lunch provided.

## 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

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

For information,  
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