

# STAYING CONNECTED WHEN EMOTIONS RUN HIGH



## AN INTERVENTION FOR FAMILIES, FRIENDS AND CARERS

### FREE WORKSHOP

Date: THURSDAY 28<sup>TH</sup> APRIL 2022 (NEW DATE!)

Time: 9:15 am sign-in for a 10:00 am start until 3:30 pm

Location: ARMIDALE, NSW (venue to be announced closer to date)



## 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 disorders.

## FACILITATORS

**Dr Annemaree Bickerton**

(Child, Adolescent and Family Psychiatrist)

**Toni Garretty**

(Clinical Coordinator Family and Carer Program Illawarra and Shoalhaven Mental Health Service)

**THURSDAY 28<sup>th</sup> APRIL 9:30 am – 3:30 pm**

**From 9:15 am: sign in + morning tea for a 10 am start**

**Morning tea upon arrival, lunch and afternoon tea provided**

**To attend this event please register with Isabelle: 0400 463 171 or**

**[isabelle.devos@onedoor.org.au](mailto:isabelle.devos@onedoor.org.au)**