



Facilitators:

Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist) and Toni Garretty (Clinical Coordinator Family and Carer Program Illawarra and Shoalhaven Mental Health Service) presents:

“Staying Connected When Emotions Run High”

**An intervention workshop for
FAMILIES, PARTNERS and FRIENDS
Proudly sponsored by Uniting**

This workshop will provide you 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 and learning disorders.

Date: 25th May 2022

Time: 8.45am – 4pm.

Cost: \$5

Venue: Gosford Golf Club

22 Racecourse road, Gosford, NSW, 2250

Morning tea and lunch provided

Places are limited so RSVP: 10th May 2022 by clicking the link to register:

[Staying Connected When Emotions Run High Central Coast Tickets, Wed 25/05/2022 at 9:00 am | Eventbrite](#)

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