



**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: 9<sup>th</sup> May 2022***

***Time: 9.30am – 3.45pm***

***Please arrive at 9.00am for registration and COVID-19 Screening***

***Venue: Katoomba Christian Convention***

119 Cliff Drive, Katoomba, NSW, 2780

Morning tea and lunch will be provided

***Places are limited – RSVP by 22<sup>nd</sup> of April 2022***

***Cost: \$5.00 contribution***

***Registrations through Eventbrite:***

<https://www.eventbrite.com.au/e/staying-connected-when-emotions-run-high-nepean-blue-mountains-tickets-298952955337>

Any questions please contact:

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