

**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.

**Please note this training is not for professionals.** We ask that professionals seek the version of the workshop designated for them and we reserve the right to cancel orders to ensure Carers, family members and friends supporting people experiencing the symptoms above are able to attend.

**Date:** 17<sup>th</sup> May 2022

**Time:** 9.15am – 4:00pm.

*Please arrive 15 minutes early to allow enough time for registration and COVID-19 screening*

**Venue:** Chatswood Club

**Cost:** \$5 (*proceeds will go towards a Carer event coming soon!*)

**Please register through the Eventbrite link below:**

**<https://www.eventbrite.com.au/e/298939996577>**

