

# STAYING CONNECTED WHEN EMOTIONS RUN HIGH



## AN INTERVENTION FOR FAMILIES, FRIENDS AND CARERS FREE WORKSHOP - NEWCASTLE

Date: **Friday 27<sup>th</sup> May 2022**

Time: **8.45 Registration 9am start to 3.30pm**

Venue: **Wallsend Diggers - 5 Tyrell St Wallsend**



## 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 and learning disorders.

## 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-newcastle>

Morning tea and lunch provided.

For further support or information please contact:

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