

Staying Connected When Emotions Run High

This FREE workshop will provide you with additional communication skills to support someone (12+ years) 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.

(Diagnosis is not necessary as the frameworks and relationship strategies introduced should be helpful to all.)

Workshop presented by, Dr Annemaree Bickerton & Toni Garretty

'Family & Carer Mental Health Team, Illawarra Shoalhaven Local Health District'



Details: 13th May 2022, 9:30am – 3:30pm (Please arrive at 8:45am for registration)

Venue: Mortdale RSL, 25 Macquarie Place, Mortdale NSW 2223

Cost: Free (Tea & Lunch provided)

Registration: Call (02) 8287 6810 or email: familyandcarer@stride.com.au

This workshop will be strictly adhering to COVID-19 rules and regulations, specified by the NSW Health Department.

If you are feeling unwell or experiencing any cold or flu like symptoms, we kindly ask you to not attend. We also ask you to cancel your booking if you have recently tested positive for COVID-19

Scan the QR Code to register



<https://www.eventbrite.com.au/o/stride-family-and-carer-mental-health-program-43346686583>

Registration is essential – please ensure your registration is confirmed and bring your e-ticket to the workshop.

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