


Facilitators:

**Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist) and
Toni Garretty (Team/Clinical Coordinator Family and Carer Mental Health
Program Illawarra Shoalhaven Local Health District)**



**An intervention for
FAMILIES, FOSTER FAMILIES,
CARERS and FRIENDS
“*Staying Connected When
Emotions Run High*”**

This FREE workshop intervention is designed to assist families and friends who support someone 12yrs – 100yrs, who experiences:

- challenges with their relationships
- difficulties managing changing emotions and strong or overwhelming feelings
- self-destructive or self-harming behaviour
- problems with identity and sense of self

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

Date: Tuesday 23rd July 2019

Time: 9:00am – 2:45pm (Registration at 8:30am)

Venue: Manning Valley Visitor Information Centre, 21 Manning River Drive, Taree

Morning tea and lunch will be provided. Please notify if you have any dietary requirements when you register for this event.

RSVP: Registration is essential as places are limited.

Please register online at Eventbrite as per link

<https://www.eventbrite.com/e/staying-connected-when-emotions-run-high-families-foster-families-carers-friends-taree-tickets-55136878889?aff=affiliate1> or email :

or email : or

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