

“Staying Connected When Emotions Run High”

A FREE workshop intervention for families, carers and friends

Presented by: Dr Annemaree Bickerton (Child, Adolescent and Family Psychiatrist)
and

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Family and Carer Mental Health Program

This workshop will be suitable for parents, spouses, partners, young carers (over 16yrs if accompanied by an adult) grandparents, foster carers and friends who support someone (over 12yrs – 100yrs) experiencing any or all of the following issues:

- 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 important as the frameworks and key relationship strategies should be helpful for all attendees.

Event Details:

Date: Tuesday 10 September

Time: 9:00am sign-in; workshop starts at 9:30am – 3.30pm

Venue: Foundation Lecture Hall: University of Newcastle Department of Rural Health Building. Dean Street Tamworth NSW 2340

Places are limited so booking is essential: Book via the ‘Eventbrite’ link listed on the attached flyer. People who don’t have internet access can book by contacting Ebonee Byrnes on 02 4925 7920

Cost: Free; morning tea, lunch and resources will be provided