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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 for

FAMILIES, FRIENDS AND CARERS

Proudly sponsored by Parramatta Mission

This **FREE** 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 misuse, developmental and learning disorders.

Date: Thursday 16th August 2018

Time: 9am (sign in) 930am – 3.30pm

***Venue: Mantra Parramatta, Cnr Parks Street & Valentine Ave,
Parramatta***

Morning tea and lunch will be provided.

RSVP: 8th August 2018

Please register through **Eventbrite:**

<https://www.eventbrite.com.au/e/staying-connected-when-emotions-run-high-an-intervention-for-families-friends-and-carers-tickets-47652541033>

For further support or information please contact:

Name: Parramatta Mission

Family and Carer Mental Health Program

Phone:8599 4880



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

“Staying Connected When Emotions Run High”

A Workshop for Professionals

Proudly Sponsored by Parramatta Mission

COST: \$20

This **professional version workshop** is aimed at those working with people across the life span from ***adult mental health, child and adolescent services, generalist health, drug and alcohol and key community professional agencies e.g. FACS, school counsellors, teachers, Headspace and NGO’s.***

Expected learning outcomes:

- Increased understanding of emotion dysregulation
- Identify the ‘four carer dances’ and their role in emotion dysregulation
- Knowledge of the ‘five key relationship strategies’ in order to become a helpful resource to someone in distress
- Understanding relationship triangles – Karpmann’s Model
- Introducing the concept of Safety Planning “Like a Fire Drill” to promote safety when distress or risk escalates

***Venue: Mantra Parramatta,
Cnr Parks Street & Valentine
Ave, Parramatta***

***Friday 17th August 2018
8am sign in
08:30- 16:30:***

Registration through: [Eventbrite](https://www.eventbrite.com.au/e/staying-connected-when-emotions-run-high-a-workshop-for-professionals-tickets-47653094689) <https://www.eventbrite.com.au/e/staying-connected-when-emotions-run-high-a-workshop-for-professionals-tickets-47653094689>

Participant receives a workbook and certificate recording 6.5hrs for CPD

For all other enquires contact: 8599 4880