



**Health**  
Illawarra Shoalhaven  
Local Health District

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

## A FREE Introductory Workshop for Professionals

### ***“Staying Connected When Emotions Run High”***

**This workshop will be extremely relevant if in your professional role you assist families and carers who support someone who:**

- Has relationship difficulties
- Demonstrates changing emotions & strong overwhelming feelings
- Displays impulsive & destructive behaviour
- Displays impulsive & destructive behaviour e.g. cutting
- May have a diagnosis of Personality Disorder

#### Venue

The Salvation Army  
Shoalhaven  
Corner of Salisbury Drive  
& St Anns St  
Nowra

#### Date and Time

Thursday  
23 October  
845(registration)  
9.00 – 1630

***Morning tea and lunch will be provided by The Salvation Army Shoalhaven***

***RSVP essential to: Toni Garretty (email preferred)***

***[Toni.garretty@sesiahs.health.nsw.gov.au](mailto:Toni.garretty@sesiahs.health.nsw.gov.au)***

***Or 42207919*** ( If phone unattended please leave contact details including training date and venue)