Staying Connected When Emotions Run High

An intervention for Families & Carers

This **FREE** workshop will provide you with additional communication skills to support someone (12+ years) who experiences any of the following:

- Relationship difficulties.
- 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
Mental health facilitator and trainer



Details: **Thursday 3rd December 2026**
9:30-3:30pm
Please arrive between 9am and 9:15am for registration

Venue: Mortdale RSL
25 Macquarie Place, Mortdale 2223

Cost: FREE for Families & Carers
(Morning Tea & Lunch provided)

Registration Essential. Please ensure you register your attendance via the QR code or link. Registration will be confirmed through Eventbrite.

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Scan the QR Code to register

https://Stayingconnectedcarersmortdalestride.eventbrite.com.au

Registration is essential

For enquiries please email:
FamilyandCarer@stride.com.au

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