



Photo supplied by: Stonemeadow
Photography

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 & FRIENDS

“Staying Connected When Emotions Run High”

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

- 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: FRIDAY 16TH OCTOBER 2020

We will be in contact two months prior to event to confirm any changes of circumstances.

Time: 9:30am – 3.30pm (Registration at 9.00am)

Venue: Lecture Theatre, Level 4, Mental Health Administration Building,
Mater Hospital, Edith Street, Waratah.

Cost: \$15 per person

Morning Tea, Lunch and Afternoon Tea will be provided.

Please complete the attached registration form and send through to
Ebonee.byrnes@health.nsw.gov.au.

Registration Form Family and Carer Session Only

Hunter New England Local Health District ABN: 63598010203
Friday 16th October 2020

Lecture Theatre, Level 4, Mental Health Administration Building, Mater Hospital, Edith Street, Waratah.

Name: _____

Email: _____

Contact Phone No.: _____

Workplace: _____

Special dietary requirements: _____

Registration Costs:

\$ 15 per attendee Number of tickets Total cost: \$ _____

Price includes the cost of the Staying Connected Workshop and morning tea, lunch and afternoon tea.

PAYMENT METHOD

EFT
Bank: Westpac
Location: North Sydney
Account Name: Hunter New England Local Health District
BSB: 032-099
Account Number: 520642
Reference: 'last name', 'first initial', 'Staying Connected'
(e.g.: Smith, S, Staying Connected)

Credit Card Amount: \$ _____

Please debit my: Visa Mastercard Bankcard AMEX

Card Number: _____ / _____ / _____ / _____

Card Holders Name: _____ EXP: _____ / _____

Card Holders Signature: _____

Registrations close Friday 2nd October 2020
All costs are non- refundable after Friday 2nd October 2020

Please send your registration form via email to
Eboney Byrnes Administration Manager
for Child and Adolescent Mental Health Service
Email: eboney.byrnes@health.nsw.gov.au