A partnership between the Family & Carer Mental Health Program, South Eastern Sydney Local Health District, Illawarra Shoalhaven Local Health District and Project Air Strategy for Personality Disorders

www.projectairstrategy.org

Staying Connected when Emotions Run High -
A workshop for families, partners and others who support someone with personality disorder or related conditions

1. Thursday 31st January 2013 – UOW Innovation Campus (Squires Way, North Wollongong)
2. Tuesday 5th February 2013 – The Archer Resort (Cnr Kalandar St & Princes Hwy, Nowra)
3. Thursday 7th March 2013 – Sutherland District Trade Union Club (57 Manchester Rd, Gymea)
4. Thursday 21st March 2013 – Eastern Leagues Club (93-97 Spring St, Bondi Junction)

9:00 am – 3:30 pm

Do you support someone who:

- Has relationship difficulties?
- Displays impulsive and destructive behaviour?
- Demonstrates changing emotions and strong, overwhelming feelings?

If you have answered yes, then this workshop may be beneficial to you!

- No cost involved
- Morning tea and lunch provided
- Bookings Essential as numbers are limited

Enquiries:
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