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 29th March 2012 – Coniston Community Hall (26 Bridge St, Coniston)
2. Thursday 26th April 2012 – The Archer Resort (Cnr Kalandar St & Princes Hwy, Nowra)
3. Thursday 14th June 2012 – Sutherland District Trade Union Club (57 Manchester Rd, Gymea)
4. Thursday 12th July 2012 – Kogarah RSL Club (254 Railway Pde, Kogarah)

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

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