

Stride Family and Carer Program

Online Family and Carer Education Workshops

In recognition of Mental Health month during October, the Stride Family and Carer Program is hosting ONLINE 3-hour education sessions

All sessions will be facilitated by Toni Garretty and Layla Weiss from ISLHD Family and Carer Mental Health Service.

Thursday 7th October, 10am-1pm:

Understanding Personality Disorders

- Understanding the pattern of traits that affects people's emotions, behaviours and relationships
- Helpful tips for your relationship

Thursday 14th October, 10am-1pm:

A diagnosis of depression is so much more than feeling a little sad

- Understanding symptoms and recognising early warning signs, treatments, and supports
- Helpful tips for your relationship
- Health and wellbeing strategies

Thursday 21st October, 10am-1pm:

Psychosis – reducing stigma, dispelling the myths, and learning the facts

- Understanding symptoms and recognising early warning signs, treatments and supports
- Helpful relationship strategies and communication tips
- *Managing your worry and filling your "tank"*

Thursday 28th October, 10am-1pm:

A diagnosis of anxiety is more than just feeling a little stressed or worried

- Understanding symptoms and recognising early warning signs
- Treatment and supports
- Tips to notice your feelings, how it's effecting your relationships, and what you can do

Registration to attend any online sessions is essential! Please contact your local support worker to register:

South East Sydney: Jessica.Harris-Ward@stride.com.au or 0434 428 666

Illawarra: Megan.Bland@stride.com.au or 0434 559 316

Shoalhaven: Polly.Worsnip@stride.com.au or 0403 259 178

Please Note: All sessions will be presented via Zoom. Registered carers will receive the Zoom link the morning of the workshop. For any technical issues or troubleshooting questions, contact your support worker.