

# COMMUNICATION STRATEGIES FOR CARERS



**WEDNESDAY 16 AUGUST 2023**

**6PM - 8PM**

**Online via Zoom**

**You will receive a link on the day.**



## What is it about?

We invite you to join us as we explore communication styles and strategies for carers.

Relationships are at the core of our mental health, and our focus is to find out more about relating with each other when mental distress is present.

We discuss 5 key relationship strategies, and a video regarding the “relationship dances” developed by Project Air Strategy.\*

Note: Suicide and Non-Suicidal Self Injury (NSSI) are referred to during the video.

## Who should attend?

This workshop is for any adults in a caring role for a loved one with mental health distress.

## Costs

This is a free session open to family carers only.

## Register now

Bookings essential to Robyn on 0409 523 666 or via email at [robyn.stone@mifwa.org.au](mailto:robyn.stone@mifwa.org.au)

\* [healthdirect.gov.au/partners/project-air-strategy-for-personality-disorders](https://healthdirect.gov.au/partners/project-air-strategy-for-personality-disorders)