Family Psychology Centre

Is your child exhibiting difficulty regulating intense emotions or behaviour? Whether anxiety, depression, anger or acting out, coping with change, eating disorders, separation/divorce – EFFT can help you support your child's emotional regulation, improve your relationship, and set appropriate limits at any age!

Emotion-Focused Family Therapy

Caregiver Workshop

What:	2-day workshop for caregivers
When:	**August 15th and 16th (Thurs.-Fri.)** 10 am – 4 pm
Who:	Parents/Caregivers of children ANY age
Where:	Family Psychology Centre, 491 Eglinton Ave. West, Toronto 4th Floor – in Groove Studios

efftworkshop@drmirisse.com

(416) 848 - 1829

Limited space available!

Please e-mail for registration: efftworkshop@drmirisse.com

Deadline to Register: July 26th, 2019

EFFT is an experiential program to help parents coach their child through difficult emotions and behaviours across the lifespan.