



Family
Psychology
Centre

Online Counselling and Therapy

Ready to make a change from the comfort of your home?

Is your child struggling with difficult emotions and behaviours?

Would you like to review the Emotion Focused Family Therapy Workshop?

Have you been feeling overwhelmed while juggling your various responsibilities?

Are you feeling stuck or alone? Are you blaming or doubting yourself?

Do you want to understand your child better? Support their emotions and help them manage their behaviours?

Are you seeking a stronger connection with your child?

You are not alone. Nor do you have to do this alone. I can support you!

Samantha Rajchel MSW, RSW

Email me to set up a free consultation!

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familypsychology.org

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