



**Is your child exhibiting difficulty regulating intense emotions or behavior? 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:** **January 23rd and 24th**  
(Thurs.-Fri.) 10 am – 4 pm  
**Who:** Parents/Caregivers of children of ANY age  
**Where:** Family Psychology Centre,  
491 Eglinton Ave. West, Toronto  
4th Floor – in Groove Studios

✉ [EFFTworkshop@drmirisse.com](mailto:EFFTworkshop@drmirisse.com)

☎ (416) 901 - 0465



Limited space available!

Please e-mail for registration: [efftworkshop@drmirisse.com](mailto:efftworkshop@drmirisse.com)

**Deadline to Register: January 3rd, 2020.**

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