



# Family Psychology Centre

## Emotion Focused Family Therapy (EFFT) Online Caregiver Workshop

EFFT can help you support your child's **emotion regulation**, help improve your relationship, and set up **appropriate limits** at any age!



**Are they struggling with** anxiety, depression, anger, acting out, coping with change, eating disorders or parental separation?



Is your child having **difficulty** regulating intense emotions or behaviour?



**What:** Workshop for parents and caregivers of children any age

**When:** Thurs. March 25th & Friday March 26th

**Where:** Online through secure video

**Contact us:**

[efftworkshop@drmirisse.com](mailto:efftworkshop@drmirisse.com)

**(416) 901-0465**