



Family
Psychology
Centre

Emotion Focused Family Therapy (EFFT) Parent and Caregiver Workshop

Is your child having
difficulty regulating
intense emotions or
behaviour?



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

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



What: Workshop for parents and
caregivers of children any age

When: Thursday May 27th & Friday May
28th, 2021

Contact us:
efftworkshop@drmirisse.com
(416) 901-0465

Sign up for our mailing list:
<http://eepurl.com/he6ynj>

Where: Online through secure video