



Family
Psychology
Centre

EMOTION FOCUSED FAMILY THERAPY (EFFT) ONLINE 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,
improve your
relationship, and set
up appropriate limits
at any age!



Join us for an EFFT workshop for parents and caregivers of children of any age, hosted online through secure video.

Thursday July 29th &
Friday July 30th

CONTACT US: EFFTWORKSHOP@DRMIRISSE.COM
(416) 901-0465