



# Family Psychology Centre

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

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



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



EFFT can help **support** your child's **emotional regulation**, help **improve** your **relationship**, and **set 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, September 23rd & Friday, September 24th, 2021**  
**10:00 AM – 4:00 PM**

Contact us at: [efftworkshop@drmirisse.com](mailto:efftworkshop@drmirisse.com)  
(416) 901-0465