



Family
Psychology
Centre

Emotion Focused Family Therapy (EFFT) Caregiver Workshop

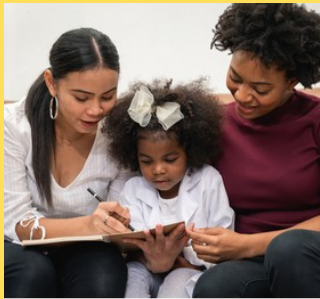
Join us for an EFFT workshop for parents and caregivers of children of any age

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



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

EFFT can help **support** your child's emotional regulation, **improve** your relationships, and **set** appropriate limits at any age.



Thursday November 25, & Friday November 26 at 10am-4pm

Contact us at: efftworkshop@drmirisse.com

(416) 901-0465

<https://familypsychology.org/workshop/>

491 Eglinton Avenue West, Toronto