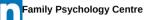


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familypsychcntr

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 May 5th & Friday May 6th

Contact us at: efftworkshop@drmirisse.com

(416) 901-0465 https://familypsychology.org/workshop/ 181 Eglinton Avenue E, Toronto