



# Family Psychology Centre



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## 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 September 22nd & Friday September 23rd

Contact us at: [efftworkshop@drmirisse.com](mailto:efftworkshop@drmirisse.com)

(416) 901-0465

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

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