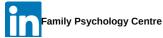


## Family Psychology Centre









## 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?



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: <a href="mailto:efftworkshop@drmirisse.com">efftworkshop@drmirisse.com</a>

(416) 901-0465

https://familypsychology.org/workshop/

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