



Family Psychology Centre

Emotion Focused Family Therapy (EFFT) Caregiver Workshop

Join us for an In-Person EFFT workshop for parents and caregivers of children of any age at 1 Glenview Avenue in Toronto, ON

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

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

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



Thursday, February 8th & Friday February 9th, 2024

Contact us for more information



EFFTWORKSHOP@DRMIRISSE.COM



[\(416\)-901-0465](tel:(416)-901-0465)



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

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