



**Family
Psychology
Centre**

Emotion Focused Family Therapy (EFFT) Caregiver Workshop

Join FPC clinician **Evgenia Khilov, RP**, for an in-person EFFT workshop tailored for parents and caregivers of children of all ages.

Located at: Cornerstone Chinese Alliance Church, 4757 14th Ave, Markham, ON L3S 3K3

Date: Thursday, March 21st & Friday, March 22nd, 2024

Time: 10am - 4pm (registration begins at 9:30am)

Cost: \$275 (second caregiver discount \$175)



Is your child having difficulty regulating intense emotions or behaviour?

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



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

Contact us for more information

✉ admin@familypsychology.org

☎ [\(416\) 848-1829](tel:(416)848-1829)

🔗 <http://familypsychology.org/upcoming-events/>

