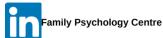


Family Psychology Centre









Emotion Focused Family Therapy (EFFT) Caregiver In-Person Workshop

Join us for an EFFT workshop for parents and caregivers of children of any age at 1 Glenview Ave. in Toronto, Ontario

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 November 21st & Friday November 22nd

Contact us at: efft@emotioninstitute.ca

(416) 901-0465

https://familypsychology.org/workshop/

181 Eglinton Avenue E, Toronto