



Family Psychology Centre



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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