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Emotion Focused Family Therapy (EFFT) Caregiver Workshop

Join us for an [EFFT workshop for parents and caregivers](#) of children of any age at:
1 Glenview Avenue in Toronto, ON

Is your child experiencing **difficulty** regulating intense emotions and/or behaviour?



Are you looking for better ways to **support** your child's emotional well-being that also **empower** you as a caregiver?



EFFT can equip you with tools to **support** your child's emotional well-being, strengthen family bonds, and **confidently** navigate challenges.



Thursday October 23rd & Friday October 24th

Contact us

Website: www.familypsychology.org/workshop

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