



Family
Psychology
Centre

Emotion Focused Family Therapy



A FREE 1-HOUR WEBINAR

Learn how EFFT can support your child's
emotional wellbeing

In this free introductory webinar, hear about basic principles and techniques used in Emotion Focused Family Therapy (EFFT) and discover how parents can use EFFT to support their children through challenges like anxiety, anger, emotional outbursts, and school difficulties.

THURSDAY, APRIL 9, 2026

12 PM - 1 PM

VIRTUAL (ZOOM)



Hosted By

Sara Oczak-Arsic
Senior Doctoral
Associate

Call [+1 \(416\) 848-1829](tel:+14168481829) or email
admin@familypsychology.org
to register today!