



# Family Psychology Centre



@fpctoronto



@fpctoronto



@familypsychcntr



Family Psychology Centre

## 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 November 19th & Friday November 20th**

### CONTACT US

Website: [www.familypsychology.org/workshop](http://www.familypsychology.org/workshop)

Email: [admin@familypsychology.org](mailto:admin@familypsychology.org)

Phone: (416) 848-1829

1 Eglinton Ave East Suite 601 | Toronto, ON