



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 Eglinton Ave East, Suite 601, Toronto, ON M4P 3A1

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

Email: admin@familypsychology.org

Phone: (416) 848-1829

1 Eglinton Ave East, Suite 601 | Toronto, ON