

EMOTION FOCUSED FAMILY THERAPY

PARENT & CAREGIVER WORKSHOP

Supporting a loved one struggling can be challenging. This evidence-based workshop will introduce practical skills to strengthen relationships, increase cooperation and respond to strong emotional reactions

Families will learn skills to:

- Manage challenging behaviours
- Help your loved one approach, process & manage stress & emotions
- Help to heal wounds from the child's or family's past

Oct 21, 23, 28 & 30th
10am to 12pm
Via ZOOM
Must attend all sessions

**TALK TO YOUR FOUNDRY WORKER FOR REFERRAL
OR CONTACT COREY: COREY.CHAN@VCH.CA OR
604-367-6981**

• **FOUNDRY** •
WHERE WELLNESS TAKES SHAPE