

# EMOTION-FOCUSED FAMILY THERAPY CAREGIVER WORKSHOP

Does your child—youth or young adult—suffer from anxiety, depression, substance use problems, an eating disorder, or other mental health concern? Do you struggle with their behavior and/or setting limits?

Foundry Virtual is excited to host a FREE Emotion-Focused Family Therapy Caregiver workshop! The workshop will be offered online through Zoom over the course of 4 half-day sessions.

Families will learn the skills to:

- Become a Recovery Coach – assisting your loved one with the interruption of maladaptive behaviors
- Become an Emotion Coach – help your loved one approach, process & manage stress & emotions
- Facilitate Relationship Repair – helping to heal possible wounds from the child's or family's past
- Work through & Resolve Caregiver Fears & Obstacles during this challenging journey

**REGISTRATION REQUIRED**

**DATES: JUNE 23, 26, 30 AND JULY 3, (9 AM – 12PM)**

**LOCATION: ONLINE VIA ZOOM**

For more information and to register,  
visit [foundrybc.ca/caregivergroups](https://foundrybc.ca/caregivergroups)