

EFFT CAREGIVERS WORKSHOP

· F O U N D R Y ·
WHERE WELLNESS TAKES SHAPE

Emotion Focused Family Therapy



Does your child suffer from anxiety, depression, substance use problems, an eating disorder, or other mental health concerns? Do you struggle with their behavior and/or setting limits and/or how to respond to their emotions?

This evidence-based workshop will introduce practical skills to strengthen relationships, increase cooperation and respond to strong emotional reactions, including expressions of worry, anger, hopelessness, and even silence. Caregivers will also be supported to identify and work through co-parenting challenges most often encountered along the way.

To register or inquire further, please email Lily at llouie@foundrybc.ca

