

EMOTION FOCUSED FAMILY THERAPY

PARENT & CAREGIVER WORKSHOP

Supporting your loved one with specialized
caregiving techniques and strategies

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

January 25th, 27th, Feb 1st, 3rd
6:00pm to 8:00pm
Via ZOOM
Must attend all sessions

**TALK TO YOUR FOUNDRY WORKER FOR REFERRAL
OR CONTACT: LARA.WEASE@VCH.CA**

• **FOUNDRY** •
WHERE WELLNESS TAKES SHAPE