

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](mailto:LARA.WEASE@VCH.CA)

• FOUNDRY •  
WHERE WELLNESS TAKES SHAPE