



EMOTION FOCUSED FAMILY THERAPY PARENT WORKSHOP

Emotion Focused Family Therapy (EFFT) is an innovative treatment model that trains families to learn skills to support their children through the recovery of mental health and/or behavioural challenges. It balances empathy and compassion with firm limits that support relationship repair, and emotional and behaviour change.

Caregivers will learn skills and tools to:

- Improve family relationships
- Manage family stress, children's behaviors, and emotional pain
- Work through and resolve fears of caregivers

FOR PARENTS OF
CHILDREN 12 YEARS &
YOUNGER.

VIRTUALLY VIA ZOOM

WHEN (ATTEND ALL 3):

THURS, JUNE 17

6:00-9:00 PM

FRIDAY, JUNE 18

6:00-9:00PM

SAT, JUNE 19

9AM-12:30

PLEASE NOTE:

This workshop is for
parents/caregivers only;
please do not bring your child
to the workshop

PRESENTED BY

JALENE DAVIES &
CARLEE LEWIS,
CYMH Clinicians

PLEASE RSVP TO :
EMILY.NEW@GOV.BC.CA

RSVP BY MAY 31, 2021



EMOTION FOCUSED FAMILY THERAPY PARENT WORKSHOP

Emotion Focused Family Therapy (EFFT) is an innovative treatment model that trains families to learn skills to support their children through the recovery of mental health challenges. It balances empathy and compassion with firm limits that support relationship repair, and emotional and behaviour change.

Teaches caregivers skills and tools to:

- Improve family relationships
- Manage family stress, children's behaviors, and emotional pain
- Work through and resolve fears of caregivers

WHEN:
FRIDAY JUNE 11, 2021
9AM-5PM (1 HOUR
LUNCH)

SATURDAY JUNE 12,
2021
9AM-12:30PM

WHERE: VIRTUALLY
OVER ZOOM

Please Note:
**This workshop is for
parents/caregivers only;
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your child to the
workshop.**

SPACE IS LIMITED. PLEASE
RSVP BY MAY 31, 2021

PRESENTED BY

YANEZ KOENIG

&

SHANDA COLLINS

PLEASE RSVP TO :
EMILY.NEW@GOV.BC.CA