



Emotion Focused Family Therapy Caregiver Workshop

A 2-Day **Virtual** workshop for parents, grandparents, spouses, and any other adult caregivers to loved ones of **all ages** who may be struggling with mental health

February 15 and February 29, 2024
9am - 4pm \$400/registrant

Hosted by Cassandra Millen MSW, RSW
Certified EFFT Therapist

Caregivers will learn practical supports and strategies to:

1. Recognize, respond to and support your child or loved one with their intense emotional responses (shame, fear, anger, silence, etc)
2. Recognize and work through your own intense emotions that may come up along the way including fear, resentment, shame and self-blame
3. Manage symptoms, emotion coach and repair relationships

****Individuals who have attended the 1-day workshop may register for Day 2 only****

To register or for more information:
Contact Cassandra@firstlighttherapy.ca

