



# Emotion Focused Family Therapy (EFFT) Caregiver Workshop

**In-person** workshop tailored for parents and caregivers of children of all ages.

Led by **Evgenia Khilov** RP, RCAT



Is your child having **difficulty** regulating intense emotions or behaviour?



Are they **struggling** with anxiety, depression, eating disorders, anger, acting out, parental separation, or coping with change?



EFFT can help support your child's **emotional regulation**, improve your **relationships**, and set **appropriate limits** at any age.

Two full days  
**\$350\***

416.857.9198

[soulmaze.arttherapy@gmail.com](mailto:soulmaze.arttherapy@gmail.com)

\* second caregiver discount \$250

\* claim through insurance for Registered Psychotherapy (RP)



Thursday, May 30 & Friday, May 31, 2024



10am - 4pm (registration begins at 9:30am)



75 Main St S, Newmarket



@soulmaze\_attherapy



[www.soulmazetherapy.com](http://www.soulmazetherapy.com)