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EMOTION FOCUSED SKILLS TRAINING FOR PARENTS

Developed by Dr. Joanne Dolhanty

Facilitated by: Alison Smethurst MSW RSW & Kyla Baird Ph.D., C.Psych (Supervised Practice)

In-person @Queen Elizabeth Community Centre: Multipurpose Room 1/2,

2302 Bridge Rd, Oakville, ON L6L 3L5

April 14-15, 2023 from 9am – 4pm. 12hours of Psychological Services. Interactive Workshop.

The EFST Skills NET helps you:

- 1) **Navigate** the confusing and often painful world of emotion
- 2) **Enhance** your motivation and capacity to support your loved one
- 3) **Transform** relationships with your loved one (child, teen or adult child)



Who This Is For:

- Parents and caregivers who wish to strengthen their relationship and feel more effective in supporting their loved one of any age (child, adolescent, teen, adult).
- Parents and caregivers with children who have mental health, emotional and/or behavioural difficulties (anxiety, depression, eating disorders, anger, family conflict etc.)

Topics Include:

- Tools to support your child at times of heightened emotion and repair relationship wounds
- Support your child in developing their own emotion processing skills
- Learn the “magnets” that your loved one triggers and how this gets in your way of implementing strategies
- New boundary tools and how to make adjustments so your support is more effective
- How to share power with your child while maintaining the ability to set, communicate, negotiate and enforce limits, rules, expectations, values and norms in your family



Fee:\$500 for individuals and \$925 for coparents

**Spaces are limited. Please register by contacting Lauren at: 289-291-0205 or
lauren@thetherapycentre.ca**

An official receipt for the full amount paid for 12 hours of psychological services will be provided.
Please check with your insurance provider for Social Work or Psychology coverage.