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# EMOTION FOCUSED SKILLS TRAINING FOR PARENTS

Developed by Dr. Joanne Dolhanty  
Facilitated by Alison Smethurst MSW RSW

In-person @ Village Venue Bronte, 79 Jones Street, the Herringbone Suite, Oakville

January 28 & 29, 2022 from 9am - 4pm

12 hours of Psychological Services. Interactive Workshop.



## Who is this 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.)

## How can this help:

- Stop walking on eggshells by learning and practicing new ways to support your loved one through painful and overwhelming emotions.
- Increase feelings of confidence in supporting your loved one in the heat of the moment.
- Increase flexibility and openness to parent involvement.
- Support the development of emotion processing skills in your loved one.



**Empowered parents can then empower their children regardless of age**

**Fee: \$475 for individuals and \$850 for coparents**

**Spaces are limited. Please register by contacting admin at: 289-291-0205 or [info@thetherapycentre.ca](mailto:info@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 coverage.