



Emotion Focused Parenting Workshop

**Presented by Cheryl Fernandes, Ph.D., C.Psych,
and Marlene Traficante MSW, RSW**

*Based on Emotion Focused Family Therapy (EFFT) developed by Dr. Joanne Dolhanty and Dr. Adele Lafrance

DATE:
Monday August 12, 2019

TIME:
12:30 p.m. - 5:30p.m.

LOCATION:
**6523 Mississauga Road
Mississauga ON
L5N 1A6**

FEE:
**\$250 for single attendee
\$450 for couple**

**REGISTRATION
DEADLINE:**
August 2, 2019

About the Workshop

Parenting a child or youth with intense emotions or acting out behaviours is difficult. Parents of children with mental health struggles can often feel stuck, frustrated or blamed for their child's difficulties. This workshop is designed to help parents and other caregivers learn skills to better support and coach their children through difficult emotions and behaviours. Learning these skills can help parents better understand their child's difficulties and feel more confident in their parenting.

This is a half day workshop and is based on Emotion-Focused Family Therapy (EFFT).

The workshop runs from 12:30 p.m. to 5:30 p.m. at B&C Health.

REGISTRATION:

Please contact your clinician or the clinic directly at 905-814-8200 or workshops@bnchealth.ca for more information or to register.

REFRESHMENTS:

Afternoon refreshments will be provided.

B&C Health is located at Mississauga Rd and Erin Mills Parkway, just South of the 401.

FREE PARKING AVAILABLE ONSITE.