

# Emotion-Focused Family Therapy Workshop

Are you struggling to understand your loved one's Eating Disorder?

Do you feel lost in how to support your loved one's recovery?

Has the eating disorder created a lot of conflict within your family?

Is your loved one on a program waitlist, leaving you feeling lost, scared or helpless?

**THIS WORKSHOP IS DESIGNED FOR YOU!**

EFFT is deeply rooted in the healing power of families. It strives to balance empathy and compassion with firm limits that support symptom interruption, relationship repair and behavioural change. Caregivers will leave this **four session workshop** equipped with a deeper understanding of emotion basics and valuable skills to become their loved ones recovery coach.

**Dates: February 29, March 7, 14 & 21**

**Time: 530pm to 830pm**

**Location: Virtual via Zoom**

**\*Please note attendance of all 4 sessions is required\***

**Please Call 604-592-3700 to Register**



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