

Emotion Focused Skills Training for Parents/Carers, Family and Friends

with Dr. Joanne Dolhanty, PhD, C. Psych

TWO DAY WORKSHOP

Wednesday, March 28th and Thursday, March 29th, 9:00 a.m. - 4:00 p.m.

Location: 901 Rutherford Road, Vaughan

(in the community room of the Christian Community Church, west of Bathurst Street)

Develop Your Emotion-Wise Skill **NET to Guide Your Family Through Challenges**

Navigate Emotions – Enhance Motivation – Transform Relationships

- **Navigate the confusing and often painful world of your loved one's emotions**
- **Enhance your motivation and capacity to support your loved one**
- **Transform relationships with your family member, whether child, teen, or adult**

Emotion Focused Skills Training (EFST) for parents and carers is an innovative, ultra-simple and quickly effective parent support program. Other family members, partners, or friends with a central role in helping a loved one through struggles will also benefit from this workshop.

EFST supports parents by empowering them as active, primary agents in guiding their loved one (of any age—child, adolescent, or adult) through the behavioural, emotional and relational challenges of everyday living and relating, as well as through the challenges their loved one faces when struggling with a mental health issue (including eating disorders, substance use, depression, anxiety) or other challenges (such as physical health or educational challenge).

This is an emotion-processing, skills-based approach that gives parents practical tools that they can implement immediately in their family.

In EFST, parents learn a simple set of tools that give them a NET of skills. These skills include how to navigate the confusing world of their loved one's feelings; how to work with challenges in their own and their loved one's motivation; and how to restore their ability to set appropriate boundaries while also restoring positive, productive relationships with the person they are supporting.

Cost: \$400.00 per person

**An official receipt in the full amount of \$400 for 14 hours of psychological services will be provided by Dr. Dolhanty. Please check with your health insurance provider to confirm benefit coverage for reimbursement.*

Student and couple rates available. Email info@edoyr.com or call 905-886-6632 to inquire

Registration is available online at www.edoyr.com/emotion-coaching

Eating Disorders of York Region's Riverwalk Wellness Centres is a registered, non-profit agency providing support for individuals and families affected by eating disorders.

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