



**Do you struggle to support your young person's big emotions?**

**Would you like skills and confidence to lead your child through difficult emotions?**

# Half Day Skill Building Workshop

## Emotion Focused Family Therapy

**Create new patterns of positive emotional interactions rather than repeating patterns**

This 3 hour workshop will help give you language and practical strategies for what to say when nothing else seems to work. You will leave with scripts and tools from Emotion Focused Family Therapy (EFFT) to guide you in supporting your family member with their mental health challenges.

If you are a parent or caregiver looking to build skills to support a child or loved one, this workshop is for you! For Participants 18+.

### About Your Facilitators:



**Katie Koruna RP**  
Registered  
Psychotherapist



**Veronica Hyatt**  
Registered  
Psychotherapist

To read our bios please visit our website at:  
[jwalkertrauma.com/our-team](http://jwalkertrauma.com/our-team)

### WHEN

Please select which date suits you!

October 19th , 2024  
10:00am-2:00pm-Virtual

OR

November 2nd, 2024  
10:00am-2:00pm-In Person

### WHERE

Hummingbird Therapy Clinic  
18967 Leslie Street, Sharon, ON L0G 1V0

### FEES

\$100 per person  
Invoices for Extended Health Care  
Sliding Scale for Fees -Talk to Us!

To Register, Email us at:

**[katiekoruna@gmail.com](mailto:katiekoruna@gmail.com)**

Or call **905.717.8713**

Katie Koruna, RP, Associate  
at Hummingbird Therapy Clinic