


Are you a parent or caregiver struggling with feelings of burn-out, guilt or resentment?

You are invited to attend this virtual evidence-based series.

Materials will be provided in advance of the first session.



**Emotion  
Focused  
Family  
Therapy  
Workshop Series**

**Learn Practical Skills To:**

- Strengthen relationship
- Increase cooperation
- Respond to strong emotions
- Respond to silence

Sept 9th—30th

Wednesdays

11-12:30 or 5:30-7pm

Register with Shannon McKirgan

email: [shannon.mckirgan@jhsni.bc.ca](mailto:shannon.mckirgan@jhsni.bc.ca) or call 250 286 0611



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Operated by

**JohnHoward**