



Scan here to register!



JOIN US FOR A FREE PARENTING WORKSHOP

Monday, April 20th, 2026
6:00 pm - 7:30 pm
Sir James Douglas Elementary Library
Pizza and child care provided.

Learn strategies from Emotion-Focused Family Therapy (EFFT) with Tory Vitaly, MSW, RSW

- EFFT is an **evidence-based** practical approach that helps parents and caregivers
- Learn to manage **emotional dysregulation, emotional shutdown, anxiety** and more
- Presentation with a Q&A
- Supportive space to learn new skills

Presented by SJD PAC and Fairfield & Oak Bay Psychology



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