

Similar to adults, children also experience anxiety, depression, loss and grief at school and home. It can be difficult for them to share/express their thoughts and emotions. As a parent, it's hard to witness their child struggle with these difficulties. If unnoticed, it can lead to self-esteem and behavioral issues.

In contrast, teen can present as a challenge for parents. They fight for their rights, independence, push parent's buttons and then appear dependent within the same day, that could be confusing for the parents.

If you're still reading this, you are probably looking for some relief or assistance regarding your child or your parenting skills. Parenting is complex. I enable parents to finetune their parenting skills by empowering them to feel positive and support their child with their specific challenges.

PROVIDING SERVICES FOR CHILDREN, ADOLESCENTS, YOUNG ADULTS, PARENTS, FAMILIES AND ADULTS IN THE FOLLOWING COMMON AREAS OF SUPPORT:

- ADHD
- AUTISM
- ACADEMIC DIFFICULTIES
- BEHAVIORAL CONCERNS AT HOME AND SCHOOL
- CONCERNS AROUND SOCIAL SKILLS
- FAMILY CONFLICT
- GRIEF AND LOSS
- MENTAL HEALTH (DEPRESSION, BI-POLAR, ANXIETY, PANIC ATTACK)
- NEW FAMILY MEMBERS, NEW ROLES, SEPARATION/DIVORCE, AND BLENDED FAMILIES
- SCHOOL REFUSAL
- TRAUMA, ABUSE, NEGLECT

ABOUT EFST

I also offer Emotion-focused Skills Training, a group for parents and caregivers (offered in person and virtual). This is an affordable workshop where parents will learn effective parenting skills in a supportive group environment and participate in experiential activities. It is a research-based model that has been proven in supporting parents and caregivers of individuals facing a wide variety of mental health issues including but not limited to Eating Disorders, Substance Use, Depression, Anxiety, Life Transitions, Sibling Conflict, Emotional Dysregulation and Suicidality.

You will navigate, learn and experience:

- Emotions (your own and your child's)
- Behaviour (through an emotion lens)
- Healthy boundary setting
- Setting effective limits and expectations
- Overall strengthening family relationship

EMOTION FOCUSED SKILLS TRAINING FOR PARENTS



FACILITATED BY
CLINICIANS FROM
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LOCATION: Online or in person
OFFICE:
4265 Sherwoodtowne Blvd,
Mississauga.



We also offer children/youth groups.
To enquire or register, please email
punithacounselling@gmail.com

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