

Empower Your Child, Restore Balance

Expert Strategies for a Happier, Healthier Family.



Group Therapy Programs

Group therapy at FFEW offers numerous benefits, particularly in creating a supportive community where families can share their experiences and learn together. By participating in group sessions, individuals can alleviate feelings of isolation and shame, as they find acceptance and understanding among peers. Our groups are structured to teach evidence-based theories and practical skills in a systematic way, empowering participants to make meaningful changes in their lives. Additionally, group therapy is a cost-effective option, providing comprehensive learning and support at a reduced fee.

At FFEW, our team is led by Dr. Zia Lakdawalla, a clinical psychologist with extensive graduate and post-graduate training in child development and evidence-based practices. Our therapists are well-versed in a variety of therapeutic approaches, including Cognitive Behavioural Therapy (CBT), Dialectical Behaviour Therapy (DBT), Mindfulness, and Acceptance and Commitment Therapy (ACT). We prioritize ongoing professional development, regularly hosting training sessions to ensure that our team remains at the forefront of therapeutic knowledge and techniques.

These group therapy sessions are for parents with children in the following age groups:

Building Blocks: Parenting for Emotional Health

Ages 4 months to 5 years
8-week virtual program, 1 hour/week

This program supports parents in creating secure parent-child relationships and building emotion regulation skills in young children. This is an early intervention-prevention group.

Parenting Emotionally Intense Children

Ages 3-12 years
10-week virtual program, 1 hour/week

Designed to provide caregivers with the skills and support needed to optimize healthy outcomes for emotionally intense children.

Parenting Children with Anxiety

Ages 3-12 years
8-week virtual program, 1 hour/week

This program helps parents with the tools and strategies to help their children manage anxiety effectively.

Coping with Anxiety for Children & Adolescents

Ages 9-12 & 13-16 years
8-week in-person program,
1.5 hours/week

An action-oriented group designed to help children learn and practice coping strategies for managing anxiety.



How we support families

For Children & Adolescents

At FFEW, we offer individual and group therapy for children and adolescents, struggling with a range of emotional and behavioural issues. Our team collaborates with your family to meet your child's specific needs and goals.

For Parents

We provide parents with insights into their child's concerns and use evidence-based strategies to enhance emotional regulation and build resilience. Our team is committed to helping you create a supportive environment for your child's growth.

For Schools & Educators

We support schools by providing consultation for the class and individual students. We also provide workshops tailored to your school community's needs, supporting early identification and intervention for student mental health.



At FFEW, we offer individual and group therapy to address the unique needs of each child and adolescent. Whether facing challenges with anxiety, depression, emotion regulation, attention difficulties, or social interactions, our team collaborates with your family to understand and support your child's specific needs, strengths, and goals.

Starting Therapy at FFEW

To get started, parents can self-refer by visiting www.ffew.ca and booking a FREE 15-minute intake call. During this call, we'll discuss your needs, any symptoms, and answer your questions about the treatment options available at our clinic.



Getting Started with FFEW

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We'll discuss your needs, symptoms,
and explore treatment options.



FOUNDATIONS
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