



Relationship Reset

Decoding the Intensity of Adolescence with the Nurtured Heart Approach®



DATES VIA ZOOM

March 10, 2022

March 17, 2022

March 24, 2022



REGISTER NOW!

<https://forms.gle/Z1gcDYWuL8ZmYGbh7>



TIMES

5:30 PM - 7:30 PM



INSTRUCTOR

Viviana Barajas, MA Ed PPS
Nurtured Heart Approach
Advanced Trainer

Rosaura Muratalla, Certified
Nurtured Heart Approach
Trainer & Community Liaison
(GVHS)



Are you feeling emotionally drained and wishing you could connect with your teenager/household in a positive way?

Is your child's behavior and the usual response to it raising tension in your home? Or would you like support fine-tuning/notching up what is already working well?

Join Viviana Barajas for a 3-week introduction to a new way of seeing ourselves, our closest relationships, and our children.

Parents & Caregivers will learn:

- How to celebrate a child's positive behavior with purpose and authenticity.
- How to set boundaries that empower you and your child, while encouraging ownership of behaviors and outcomes.
- How to teach children to manage intense emotions and improve emotional regulation.

For more information and parent testimonials, please scan the QR code.

SCAN ME

