



POWER2RELATE™

Using

The Nurtured Heart Approach

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Online Zoom Sessions for NHA

Once registered you will receive meeting id and password

Register Here

https://parentnetworkwny.secure.force.com/pmtx/evt_QuickEvent?id=a4l3a000000Y2Z8

When we Practice NHA AND Increase our Sources of Power, We Gain a Powerful way to Enhance our Relationships at Home, Work and Play.

We are naturally created to be connected. Events, Circumstances, Unconscious ways of thinking and Stress can steal the joy and Love in our relationships. When this happens we feel pain and often helpless to stop the hurting.

Power2Relate is designed to strengthen our natural ability to manage challenges and stay connected by focusing on 6 sources of power.

The Nurtured Heart Approach (NHA) is a language based approach that can help you regain focus and power and rebuild the love you want in your home. NHA teaches us why our typical parenting methods don't always work and can even make things worse. The magic rests in its ability to use language to build "inner wealth" and to make positive connections to those around us by focusing on what IS working, at all times.

You will learn how to hold clear limits and consequences while you build positive connections. You will immediately FEEL the difference in your home, and in time, you, your children and your family learn to flourish.

By combining these curriculum it is our intention to more fully provide you tools to not only manage the challenges in your life, but to actually grow and get better because of them. We look forward to seeing you Transform!!

(No prior reading is required)

Four Week Parenting Series

Tuesdays 6:00-8:00 pm

March 8th, 15th, 22nd, and 29th

Please set up Zoom at 5:45 pm
so we can begin Parent Session at 6:00 pm

Register by email to

info@parentnetworkwny.org

Online at

www.parentnetworkwny.org/events

or by phone at (716) 332-4170

