



# Relationship Reset

Decoding the Intensity of Adolescence with the Nurtured Heart Approach®



**DATES VIA ZOOM**  
October 5, 2021  
October 12, 2021  
October 19, 2021

**REGISTER NOW!**  
<https://forms.gle/Z1gcDYWuL8ZmYGbh7>

**TIMES**  
5:30 PM - 7:30 PM

**INSTRUCTOR**  
Viviana Barajas, MA Ed PPS  
Nurtured Heart Approach  
Advanced Trainer



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

