



RELATIONSHIP RESET

Decoding the Intensity of Adolescence with the Nurtured Heart Approach®



DATES:

April 18, 2024
April 25, 2024
May 2, 2024



TIMES:

6:00pm - 7:30pm
VIA ZOOM



REGISTER NOW:

<https://forms.gle/U4NdBBVFNr56kx877>

About Workshop:

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.

Scan the QR code to register or click the link above!



INSTRUCTORS

Viviana Barajas, MA Ed PPS
Nurtured Heart Approach Trainer