

Nurtured Heart Approach



Top 10 Reasons to Take a Nurtured Heart Approach® Class

10. You have a difficult, challenging or intense child.
9. You're looking for strategies to create positive behaviors.
8. You're looking for the right tools and language to grow inner wealth in your child.
7. You're looking for meaningful ways to respond to and reward positive behaviors.
6. You want to improve communication with your child.
5. You wish to improve your relationship with your child.
4. You want to help your child resist peer pressure and bullies.
3. You want your child to make positive choices when life throws him/her problems.
2. You're seeking a supportive class where others understand and never will judge your situation.
1. You are looking for more peace in your home.

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For information on current Nurtured Heart Approach® classes and other parenting resources, contact your county office of the NDSU Extension Service.

NDSU EXTENSION SERVICE
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**Monday
Evenings**

6 – 8 pm

**March 2, 9,
16 & 23**

**WHERE:
Sweetwater
School
1304 2nd Ave. N
Devils Lake**

Facilitator: Kathy Gewont
Certified NHA Trainer & Coach

If you plan to attend, please sign up by Wed., Feb. 25. To register, contact Macine at 701-256-2560 or email macine.lukach@ndsu.edu

*Child care available.
Request when registering.*

Open to Everyone!

Class is **FREE**.
Participants are asked to purchase a \$15 book.
(Scholarships available)

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