

# 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  
NDSU is an equal opportunity institution.



## Monday Evenings

### 6 – 7:30 pm

### Oct. 3, 10, 17, 24, Nov. 7 & 14

**WHERE:**  
**Lake Region  
Special Ed.**  
801 5th Ave. SE  
(by Kmart)  
Devils Lake

Facilitator: Kathy Gewont  
Certified NHA Trainer & Coach

If you plan to attend, please  
sign up by Wed. Sept. 28.

To register, contact  
Macine at 701-256-2560  
or email  
[macine.lukach@ndsu.edu](mailto:macine.lukach@ndsu.edu)

Open to Everyone!

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

Funded by: Department of  
Human Services, Children and  
Family Services

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Sponsored by Region 3 Parent Resource Center  
Approved by ND Growing Futures for 9 hours.