Nurtured Heart Approach
GROUP WORKSHOP

Join an Advanced Trainer in Nurtured Heart Approach for six hours of group training in working with intensity in children and learning skills to enhance one's confidence in parenting

SIX WEEK WORKSHOP
EACH THURSDAY
September 9 - October 14
12:00 PM - 1:00 PM
Virtual via Zoom

Catholic Charities
Archdiocese of Dubuque
Rachel Blough, LMHC
Catholic Charities Counselor

To Register, Call 319-272-2141 or Email r.blough@dbqarch.org
Cost: $75/individual, $100/couple
Fee Includes a 30-minute free consult with a licensed counselor

What Is the Nurtured Heart Approach?
The Nurtured Heart Approach® (NHA) is more than just a parenting or educator behavior management strategy. It is a philosophy for creating healthy relationships with the people in your life. Originally created by Howard Glasser in 1992, NHA is being successfully implemented through families, classrooms, foster care, health care professionals, social workers and criminal justice organizations that are seeking successful, early intervention techniques.