

NURTURED HEART APPROACH® WORKSHOP

The Y proudly invites parents, care-givers and educators to learn powerful NHA tools that help children use their energy successfully.

The **Nurtured Heart Approach®** (NHA) is a therapeutic method based on positive reinforcement. The goal is to inspire children and adults with challenging behaviors to appreciate interacting using supportive recognition and response. This behavioral inspiration approach differs from a traditional behavior management practice in that it teaches parents, caregivers, and educators to recognize and amplify positive behaviors. With the implementation of NHA, individuals are empowered to develop positive relationships, self-regulate, and build self-worth.



YMCA of Greater Monmouth County

613 Hope Road, Bldg 4, 2nd Fl, Eatontown, NJ

February 23, 2024 | 2-5 P.M.

March 1, 2024 | 2-5 P.M.

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Refreshments will be provided.

Certificates will be issued after workshop completion.

Attendance at both training dates is required for the certificate of completion.

Facilitated by NHA Certified Trainer, Talesha McLawhorn.

To register for this free workshop, email

tmclawhorn@ymcanj.org



Foundation for New Jersey

Funded by The Horizon
Foundation for New Jersey

» ymcanj.org

YMCA OF GREATER MONMOUTH COUNTY

Counseling & Social Services

166 Main Street
Matawan, NJ 07747

732.290.9040
outreach@ymcanj.org

YMCANJ.org



124-6327.02-CSS

Here for all.

Financial assistance is offered
based on availability of funds.