



POWER2RELATE™

Using

The Nurtured Heart Approach

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When we practice NHA AND increase our sources of power,
we gain a powerful way to enhance our relationships at home, work & play.

We are naturally created to be connected. Events, Circumstances, Unconscious ways of thinking and Stress can steal the joy and Love in our relationships. When this happens, we feel pain and often helpless to stop the hurting.

Power2Relate is designed to strengthen our natural ability to manage challenges and stay connected by focusing on 6 sources of power.

The Nurtured Heart Approach (NHA) is a language-based approach that can help you regain focus and power and rebuild the love you want in your home. NHA teaches us why our typical parenting methods don't always work and can even make things worse. The magic rests in its ability to use language to build "inner wealth" and to make positive connections to those around us by focusing on what IS working, always.

You will learn how to hold clear limits and consequences while you build positive connections. You will immediately FEEL the difference in your home, and in time, you, your children, and your family learn to flourish.

By combining these curricula, it is our intention to provide you tools to not only manage the challenges in your life, but to grow and get better because of them. We look forward to seeing you Transform!!

(No prior reading is required)

Four Week Parenting Series

Thursdays 5:30-8:00 pm

March 23rd & 30th

April 13th & 20th

**Light dinner at 5:30 pm
Parenting Series begins at 6:00 pm**

**Childcare available for children age 4+ to those
who register**

Register by email to
info@parentnetworkwny.org
Online at
www.parentnetworkwny.org/events
or by phone at (716) 332-4170

In-Person Workshop

**Clarence High School
9625 Main Street
Clarence, NY 14031**

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