Parenting can be the most difficult, but potentially most rewarding challenge a person can take on. Often, our own past experiences may not prepare us to be the kind of parent we wish to be. The Nurtured Heart Approach (NHA®) is a parenting methodology for building appreciative, uplifting relationships between adults and children. It teaches parents the tools they need to transform themselves from negative, rule-setting, demanding, frustrated authority figures into parents who are generous, supportive, affectionate, and positive. NHA® not only helps you be the best parent you can be, but also enables your children to feel better about themselves.

| Location          | Pine Rest Southwest Clinic  
|                   | 4211 Parkway Place SW, Suite 100  
|                   | Grandville, MI 49418 |

**When**
Visit pinerest.org/parenting to get exact dates and times.

**Cost**
$90 for the series of classes  
One or both parents may attend for this fee  
The NHA® workbook for the class costs $18.

**Facilitator**
William J. Rowell, Ph.D, ABPP  
NHA® Advanced Trainer

**Registration**
Call the Southwest Clinic at 616.222.3700.  
Enrollment is limited.

### Session 1
Introduction to the Nurtured Heart Approach®

### Session 2
Crucial Concepts of the Nurtured Heart Approach®

### Session 3
Techniques to Energize Success

### Session 4
Limit Setting and Consequences

### Session 5
The 3 Stands of NHA®, Working Together

### Session 6
Notching it Up!