

# Nurtured Heart Approach (NHA) Parenting Class

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This is a four-session class for parents or other interested individuals developed by Howard Glasser, MA, founder of Children's Success Foundation. NHA is based on principles of creating and energizing success experiences, instilling positive values, and maintaining appropriate limits for children. The approach is well suited for typical children as well as for very intense children.

**Required reading:** All Children Flourishing by Howard Glasser. Available at local bookstores or Amazon.com. Retail price is \$24.95.

**Wednesdays, September 23 – October 14**

**Class #1: 6:00 – 8:00 p.m.**

**Class #2 thru 4: 6:00 – 7:30 p.m.**

## **HealthPartners Como Clinic**

Conference Room A  
2500 Como Avenue  
St. Paul, MN 55108-1494  
651-641-6200

**Instructor:** Peg Breslin, MA, LP, Advanced NHA Trainer

**Fee\*:** \$100 per person. Second person/family member additional \$25.

**Registration Process:** Complete attached registration form and mail to Sue Hary at HealthPartners West Clinic, 5100 Gamble Drive, Suite 100, St. Louis Park, MN 55416. Fee must accompany registration. **Registrations must be received by September 16, 2009.**

### **Refunds will be made for the following reasons:**

\*If the class is filled prior to receiving your registration.

\*If the class is canceled by HealthPartners.

\*If you cancel your registration 5 business days before the class start date by calling 952-593-1149

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### **Nurtured Heart Approach (NHA) Parenting Class, Sept. 23 – Oct. 14, 2009, HP Como Clinic**

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Medical Record Number: \_\_\_\_\_

**\*Fee must accompany registration.**

Referral Source: \_\_\_\_\_