



## **Nurtured Heart Approach Training for Parents**

*Learn the approach our teachers are implementing in our classrooms and in T'filah*

Please join NHA Certified Trainer, Dr. Michelle Natinsky, for a 4-session training covering implementation of the Nurtured Heart Approach. ® A restorative approach initially developed for working with behaviorally, socially and academically challenged children, NHA has a dramatic and proven impact on all children. Parents, caregivers, educators and therapists are able to utilize this simple and effective framework to increase self-esteem and self-reliance in children. NHA helps us to identify and set clear boundaries while recognizing and energizing positive behaviors, values and characteristics.

Participants will have the opportunity to work with a trainer who specializes in academic and home implementation of the approach.

### **Your Commitment:**

11:40-1:20 Sundays, March 31, April 7, April 28, May 5

### **Your Investment:**

\$135 per individual participant / \$190 per parenting couple

**Registration:** <https://bethshalomaustin.wufoo.com/forms/m11776a8oivgs6b/>

**Recommended Text:** Transforming the Intense Child Workbook by Howard Glasser  
(link: <https://amzn.to/2D1qj4I> )

For more information about the Nurtured Heart Approach, please visit the Children's Success Foundation at [www.childrensuccessfoundation.org](http://www.childrensuccessfoundation.org).

Hope to see you there!

### **About the Trainer:**

Dr. Michelle Natinsky is a Licensed Psychologist, a Licensed Specialist in School Psychology, and a Certified Trainer in the Nurtured Heart Approach. Through one-on-one consultation, classes and workshops, and speaking engagements, she provides parents with practical tools for discipline that allow parents to see their children for who they really are by setting healthy limits, giving relationship through positivity, and ultimately building someone stronger on the inside. Dr. Natinsky is warm, friendly, and down-to-earth. While she embraces her nerdy, academic side, she has been described by her clients as “real”, “practical”, and “enthusiastic about nurturing healthy children.” As an educator, psychologist, and mother, she is passionate about sharing tools with parents that allow them to deepen and enrich their relationships with their children.