



Nurtured Heart Approach Trainings in June!

Target Audience: Parents and Caregivers!

Household members are strongly encouraged to attend this 4 session training together!

**6 hour training+ 2 hour “Wrap up” (4 sessions):
Tuesdays and Thursdays, 9:30-11:30am**

Dates: 6/4, 6/6, 6/11, 6/13

3 hour training: 9:00-12:00am

Date: Saturday, 6/8

The Nurtured Heart Approach® is strength based social/emotional strategy that:

- Transforms negative behaviors into positive behaviors
- Builds personal Inner Wealth™
- Promotes positive relationships and renewed sense of self and community!

Training Objectives: You will be able to:

- Describe the conceptual framework of the Nurtured Heart Approach®
- Discuss the three Stands of the Nurtured Heart Approach®
- Demonstrate ways to recognize and energize positive behaviors, within a cultural context.
- Discuss how to effectively set and enforce clear limits when working with children/youth.

**For 6 hour training, it is a requirement for you to attend all 4 sessions for successful completion and to receive certificate. This training does not provide CEU's.*

Presenter: Lauren Salvodon, Certified NHA Trainer, is a Community Outreach Specialist at the Family Support Organization of Bergen County (FSOBC). She has also served as a Family Support Partner for the FSO, providing support to parents and caregivers of children with emotional, behavioral, developmental, intellectual and/or substance use disorders. Lauren, whose son was severely bullied, is dedicated to supporting families and advocating for anti-bullying policies in schools. She is also a certified Adult and Youth Mental Health First Aid Instructor for the Bergen County Division of Mental Health Services, a Crisis Intervention Team Facilitator and a member of the Stigma Free Initiative.

Training Location:

**Family Support Organization of Bergen County
0-108 29th Street
Fair Lawn NJ 07410**

Limited Space Available

To register for a training, please call/email your name, telephone, email address and ages of your child(ren).

Your desire and commitment in attending all 4 sessions is greatly appreciated. Thank you! To Register, contact: Lauren Salvodon, 201-796-6209 x102 or LS@fsobergen.org