

Coffee and Self-Care with the Nurtured Heart Approach®



Are you a parent, feeling like you're under more pressure trying to meet your children's needs while also dealing with your own wellness? In this workshop, participants will learn how to use the Nurtured Heart Approach® (NHA) to remain positive and hopeful even in the most challenging of times.



1 Understand the 3 stands of the Nurtured Heart Approach® (NHA) as they relate to personal self-regulation.

- 2** Identify your personal triggers for negative emotional experiences.
- 3** Effectively use NHA strategies to reset yourself into a more positive mindset.

Attend 3 sessions and receive a \$20 Dunkin' gift card.
Attend all 4 sessions for a chance to win a free spa treatment.

FREE, ON ZOOM

Please note this is a 4 session series.

Tuesday March 8th, 9:30–10:30am
Thursday, March 10th, 9:30–10:30am
Tuesday, March 15th, 9:30–10:30am
Thursday, March 17th, 9:30–10:30am

Register at
englewoodhealth.org/calendar



SCAN TO REGISTER

PROGRAM PROVIDED BY THE GREGORY P. SHADEK BEHAVIORAL CARE CENTER

