

**Tri County CMO presents:**

# **Nurtured Heart Approach**

The Nurtured Heart Approach® (NHA) is a philosophy for creating healthy relationships with people in your life. NHA was created by Howard Glasser in 1992 and since then has shown success for families, classrooms, health care professionals, social workers, and criminal justice organizations that are seeking early intervention techniques.

The Nurtured Heart Approach® focuses on:

- Self-regulation
- Transforming the way children perceive themselves, their caregivers, and the world around them
- Teaching children that they will receive recognition through positive behavior
- Supporting children as they build a positive portfolio of themselves, or “Inner Wealth™”
- Seeing intensity to be a powerful quality that, if developed correctly, can drive children to amazing achievements

**To register please contact Stephanie Suriani  
via email [ssuriani@tricountycmo.org](mailto:ssuriani@tricountycmo.org) or text 908-255-5595**



**6pm-9pm | May 18, 2022**



**Microsoft Teams: download it on your  
tablet or computer through the app or play  
store.**

