



Calling all Parents and Caregivers!

Nurtured Heart Approach® trainings at no cost to YOU!

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

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!

Choose from either of these options:

Tuesday Evenings 6:30-8:30pm <i>*Adult Supervision for youth 5yrs and older is available at no cost, please mention when registering.</i>	Wednesday Mornings 10:00am-12:00pm
April 14, 21, 28 and May 5th	April 15, 22, 29 and May 6th

**All sessions must be attended for completion of the training.*

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 FSOBC, 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 Crisis Intervention Team Facilitator and a member of the Bergen County Stigma Free Initiative.

Training Location:

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

To register, contact: Lauren Salvodon, 201-796-6209 x102 or LS@fsobergen.org

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!