



# Relationship Reset

Decoding the Intensity of Adolescence with the Nurtured Heart Approach®



## Dates

March 7, 2023  
March 14, 2023  
March 21, 2023



## Register Now

<https://forms.gle/TfTk5Un3sirc36>



## Times

6:00 PM - 8:00 PM  
VIA ZOOM

## About Workshop

Are you feeling emotionally drained and wishing you could connect with your teenager/household in a positive way?

Is your child's behavior and the usual response to it raising tension in your home? Or would you like support fine-tuning/notching up what is already working well?

Join Viviana Barajas for a 3-week introduction to a new way of seeing ourselves, our closest relationships, and our children.

## Parents & Caregivers will learn:

- How to celebrate a child's positive behavior with purpose and authenticity.
- How to set boundaries that empower you and your child, while encouraging ownership of behaviors and outcomes.
- How to teach children to manage intense emotions and improve emotional regulation.

For more  
information and  
parent  
testimonials

Scan QR Code:



**Instructors:** Viviana Barajas, MA Ed PPS  
Nurtured Heart Approach Advanced Trainer