



*Are you interested in supporting your child (children) in a positive and nurturing way even in times of stress?*

**Please join us at our Parenting Workshop**

**Presented by:**

**Healthy Outcomes from Positive Experiences (HOPE) and the Nurtured Heart Approach (NHA) Facilitators**

The Nurtured Heart Approach (NHA) and Healthy Outcomes from Positive Experiences (HOPE) both represent a shift in how we see and talk about children's growth and development. Join us as we begin to transform the way we approach parenting and celebrate individual and family strengths.

Parenting can be both rewarding and challenging - if you would like to learn how you can grow your parenting skills through HOPE and NHA, this is a workshop you won't want to miss!



**FREE TO PARENTS!**

## **Workshop Details**

**Location:**

250 Sierra College Dr., Grass Valley, CA 95945 (The Child Development Center at Sierra College Campus)

**Date:** Saturday, April 30<sup>th</sup>

**Time:** 10 am-1:00 pm

**Register at:**

[Parenting Workshop Eventbrite Registration Link](#)

Lunch, snacks, and child care provided.

**Sponsored by:**

**Community Support Network of Nevada County**

[www.csnn.org](http://www.csnn.org)



*¿Está interesado en apoyar a su hijo (hijos) de una manera positiva y enriquecedora incluso en momentos de estrés?*

**Por favor únase con nosotros en nuestra taller de crianza presentado por: Healthy Outcomes from Positive Experiences (HOPE) and the Nurtured Heart Approach (NHA) Facilitators**

El Nurtured Heart Approach (NHA) and Healthy Outcomes from Positive Experiences (HOPE) los do representan un cambio en la forma en que vemos y hablamos sobre el crecimiento y desarrollo delos niños. Unase con nosotros mientras comenzamos a transformer la forma en que abordamos la crianza de los hijos y celebramos las fortalezas individuales y familiares.

La crianza de los hijos puede ser gratificante y desafiante – si desea aprender como puede desarrollar sus habilidades de crianza a través de HOPE y NHA, este es un taller que no querrá perderse!



**¡GRATIS PARA PADRES!**

## **Detalles del taller**

**Localización:**

250 Sierra College Dr., Grass Valley, CA 95945 (El Centro de Desarrollo Infantil en Sierra College)

**Date:** sabado, 30 de abril

**Time:** 10 am-1:00 pm

**Registrarse en:**

[Parenting Workshop Eventbrite Registration Link](#)

Almuerzo, refrigerios y cuidado de niños será proporcionados.

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