



*Love from
the Heart*



Upcoming Nurtured Heart Approach Classes

6 WEEK COURSE

DATES: EVERY TUESDAY SEPTEMBER 11 — OCTOBER 16

TIMES: 6:30 PM — 8:30 PM

WHO: THIS COURSE IS FOR FEATHER RIVER ACADEMY PARENTS AND GUARDIANS

WHERE: 1895 LASSEN BOULEVARD, YUBA CITY, CA 95993

THE 6 WEEK COURSE REVIEWS EACH CONCEPT SLOWLY AND IN DEPTH. A WORKBOOK IS PROVIDED TO GO ALONG WITH COURSE INFORMATION. YOU ARE GIVEN THE OPPORTUNITY TO TAKE EACH CONCEPT HOME, READ FURTHER ABOUT IT, AND PRACTICE IT. CREATING SPACE FOR UNDERSTANDING AND ULTIMATE SUCCESS.

REGISTER ON EVENTBRITE: 6 WEEK NHA COURSE AT FEATHER RIVER ACADEMY (YOU CAN FIND DIRECT LINKS ON OUR FACEBOOK PAGE AND THE FEATHER RIVER ACADEMY PAGE ON THE SUTTER COUNTY SUPERINTENDENT OF SCHOOLS WEBSITE), OR CALL THE FRA FRONT OFFICE.

[EVENTBRITE REGISTRATION PAGE](#)

REGISTER IN PERSON: FRA FRONT OFFICE AT 1895 LASSEN BLVD. YUBA CITY, CA 95993

QUESTIONS? PLEASE CONTACT US:

FACEBOOK: [FEATHER RIVER ACADEMY FACEBOOK PAGE](#)

FRA FRONT OFFICE: 530.822.2400



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What is a 6 Week Course?

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WEEK 1: INTRODUCTION TO NURTURED HEART APPROACH, BUILDING INNER WEALTH, INTRO TO 3 STANDS, STAND 1

WEEK 2: STAND 2

WEEK 3: RECOGNITIONS, INNER WEALTH

WEEK 4: STAND 3, TIME-OUTS/TIME-INS, RESETS,

WEEK 5: THE 3 R'S: RESET-RESTART-RESTORE, PUNISHMENT VS CONSEQUENCE,

WEEK 6: NOTCHING IT UP

**FACEBOOK: LOVE FROM THE HEART—NURTURED HEART APPROACH
[HTTPS://WWW.FACEBOOK.COM/FROMTHEHEARTLOVE](https://www.facebook.com/FromTheHeartLove)**

