

**Location:** Anacortes Boys and Girls Club.  
**Dates:** Program on Tuesdays, Feb. 24, March 3, 10, and 17.  
**Questions:** Call Dawn @ (360) 420-0724 to register.  
**Time:** 6 to 8 p.m.  
Snacks served. Child care available.

## The Nurtured Heart Approach

***“Is a powerful approach that consistently produces extraordinary results with ADHD and other challenging behaviors . . . an approach that helps ALL CHILDREN to flourish in remarkable ways.”***  
**(Howard Glasser, MA)**



Amy Mazza  
Nurtured Heart Approach  
Trainer

*“Our first attempts to ‘Nurtured-Heart’ our kids did not go unnoticed by them. When we recognized their successes out loud, the younger kids’ whole bodies moved toward us like a time-lapse photo of a sunflower moving toward the sun.”*

**From the Forward to the “Inner Wealth Initiative” by Dawn Duncan-Lewis, formerly a counselor at a school for students with special needs.**

### Is Glasser's Book Only for Parenting the "Difficult" Child?

**No!** Perhaps it's an unfortunate title ... but then again, it's easy to refer to your own child as "difficult" when he or she won't listen to a word you say. In any case, the parenting principles and techniques described in

**Transforming the Difficult Child: The**

## Nurtured Heart Approach

apply to ALL children. Perhaps they just apply *even more* for parenting the "difficult" child -- whatever that means.



Dawn Duncan-Lewis, LMFT  
Nurtured Heart Approach  
Trainer