

6 Week FREE- NHA Parenting Class

This is the most useful parenting class you will ever take!

All parents are encouraged to participate!

Whether you are experienced, new, frustrated or stressed.

What to expect:

➤ **Be More Effective**

➤ **Improve Relationship**

➤ **Relieve Stress**

➤ **Save Time**

This video shows an overview by the creator Howard Glasser and offers online classes:

<https://www.youtube.com/watch?v=A5GICFool7s>

Overview Video from TedXTalk: <https://www.youtube.com/watch?v=9IXNI8NpyuY>

***Note these videos find it near impossible to explain in a few minutes the true approach.**

Monday Nights 6:15 – 2 hours @ PINT

Begins January 22nd

Dinner Provided! 

If you are environmentally friendly then BYO plate, cup, and utensil:

Sign Up by January 19th:

So we can provide food, but all last minutes are welcome!

Dates are as follows- January: Monday 22nd & Monday 29th

February: Monday 5th, TUESDAY 13th, Monday 19th, Monday 26th

Trainer: Millie Teixeira- Certification Advanced- Trained under Howard Glasser.

Email me at: mteixeira@pusdk12.org or call 872-6465 ext 4027 leave a message

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My Story of NHA:

I went to an NHA conference after reading some material and being encouraged by a colleague. I went with one student in mind. I could absolutely see no alternative then to have the student expelled! I felt he was damaging others and beyond help but I was told NHA could change that. If I'm being honest I didn't truly believe it was possible.

I spent a week emerged in NHA and came out a Certified Trainer with some perspective changes and most importantly real world tools to use. I came home to my OCD Asperger's child whom I managed very well despite his issues. As I got home my child was having a melt down over something that from my viewpoint was minor and unimportant but I knew from past dealings that my son was spiraling into a panic attack. I knew spanking him wouldn't help. I knew talking to him explaining and advising him wouldn't help. I knew anything and everything I ever tried would still lead to several miserable anxiety ridden days for both of us.

I nervously picked up my coaching paper from NHA and began. It was my first time and I was a nervous coach as I wanted so badly to do it well with my own child. When I was done, my son sat on a chair opposite the couch I sat on and he calmly stared down at his hands. We sat a few moments quietly. I awaited a response, any response, and then he said, "I finally understand what it means to focus on the solution instead of the problem. I never got that before." Silence ensued a few more seconds then, "Mom I feel like you finally know me. That you get me." At this point I would have burst into tears but I was in shock. My son continued, "For the first time in my life I think you understand me and I feel closer to you right now than I ever have." Pause "Can I come sit on the couch next to you?" At this point, I believe I had tears. My son who hates physical contact such as hugging wants to sit near me. I nod yes and remain silent afraid to break this spell. My son came and sat next to me for maybe a minute then nonchalantly stood and with a sigh said clearly, "I think I like this healing heart stuff." He of course got the name wrong but somehow it seemed better. With that he walked off calmly, with his own plan, with his own hope, and with something I realized that I'd never given him before his own confidence in his solution and not my desperate attempts to advise him.

I went to work a happy parent. After all I was never a bad parent so I was unexpectedly happy with NHA already. So I applied myself to trying to be faithful to the approach. I definitely wanted to keep my new skills. I targeted the student whom I still felt little hope for. Not overnight.... but two months later this child was simply different. Not in all his classes but his new NHA teacher classes. When we asked him why he was so good in our classes he replied, "I feel like you know me and you truly care for me. It feels like you are cheering me down the basketball court when I play and you want me to win." We'd always wanted him to win. Every one of his teachers despite his dismantling of our classes. Only now he knew it. Only now I effectively help more children. I will continue to use NHA and am now an Advanced Trainer.