



FREE six-hour training for Foster, Adopted, Kinship families, those who support them, and Mental Health Professionals . We offer this training at no cost to Wayfinder Families.

At a glance:

The Nurtured Heart Approach® (NHA) is a relationship-focused methodology founded strategically in “The 3 Stands™” for helping children (and adults) build Inner Wealth™ and use their intensity in successful ways. It has become a powerful way of awakening the inherent greatness in all children while facilitating parenting and classroom success. The essence of NHA is a set of core methodologies originally developed for working with the most difficult children. It has a proven impact on every child, including those who are challenged behaviorally, socially and academically.

What will I learn in this class?

The core methodology of the Nurtured Heart Approach and how it compares to conventional methods of parenting.

The “Three Stands” of the Nurtured Heart Approach and how they can be used to promote connection, nurturing, and transformative behavioral change in children with intensity and behavioral challenges.

You will practice NHA Recognitions to create opportunities for children with intensity to connect with you, learn from first-hand experiences, and increase their Inner Wealth.

Cancellation, Grievances, and Accommodations

If you are unable to attend, would like a copy of the Grievance Policies and Procedures or require special arrangements to participate in this training, please contact nharegistration@WayfinderFamily.org or call Julie Tyson at 816-295-4459.

About The Trainer:

Sasha McGowan is a Licensed Clinical Social Worker. She specializes in adoption, foster care, and youth advocacy. She has completed Training for Adoption Competency therapy and is a Certified Nurtured Heart Approach® Trainer.

Wayfinder Family Services is approved by the California Association of Marriage and Family Therapists (CAMFT-Provider #66256) to sponsor continuing education for LCSW and LMFT. Wayfinder Family Services maintains responsibility for this program/course and its content. This course meets the qualifications for 6 hours of CE's for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences . CE's will be provided by email. CE's are free of cost.



2026 SCHEDULE

Where:

Hosted virtually via Zoom Platform

When:

Saturdays, 9:00 am-4:00pm

February 7th

April 4th

August 1st

October 3rd

Cost for others to attend:

\$100 per person or
\$150 per couple.

**A small transaction fee will be added for payments made online

For registration, additional questions, and a full list of course objectives, please email: nharegistration@WayfinderFamily.org or call Julie Tyson at 816-295-4459

