

Nurture Play Structure™ - Your Balance

Take a moment to write down where you find Nurture, Play and Structure in your life.

Nurture	Play	Structure

Nurture, Play, Structure Model of Therapy™ as developed by Phillip Bass and Kristin Mastro of Riverstone Wellness Collaborative.

We all want the freedom to be ourselves, yet we are most afraid of being ourselves.

www.nurtureplaystructure.com