



Hearts and Heads

Relational, Therapeutic & Educational Consultancy

Online Parent & Carer Workshops

7.30-9pm; Microsoft Teams; £9.50 a session

Why We Are Different:

We take a holistic approach to inclusion, behaviour, wellbeing, and learner engagement, addressing the challenges families may face.

Sara and Sarah bring a wealth of skills and experience to their work. Sarah, a former Headteacher, Deputy Head, and SENCO, and Sara, a Psychotherapeutic Counsellor, Lecturer, and School Leader, are dedicated to empowering families to support their children.

Anxiety: What to do

**Wednesday 23rd
April**

- Understanding anxiety
- Practical, actionable strategies



Tickets available at:
<https://buytickets.at/heartsandheads/1625783>

Supporting your child to start the new school year smoothly

**Wednesday 7th
May**

- Understanding transitions and how to manage change
- Practical, actionable strategies



Tickets available at:
<https://buytickets.at/heartsandheads/1625837>

Difficult behaviour: What to do

**Wednesday 11th
June**

- Understanding why children behave the way they do
- Practical, actionable strategies



Tickets available at:
<https://buytickets.at/heartsandheads/1625845>

Feedback from previous sessions:

"I had never thought of trying these things before"

"This has made such a difference to our family"

Find out more at www.heartsandheads.com