19 February 2018

Dear

My name is Heidi and I am Certified Play Therapist. I am writing to let you know that I will be piloting an exciting and innovative new programme called **Heart-to-heart** at Manor Green School.

**Heart-to-heart** is a fun and effective programme for parents/carers and their children/teens to attend together. It is a flexible programme based on the latest attachment research which shows that supporting the parent-child attachment relationship sets the scene for the best outcomes for children right into adulthood. In addition, this programme offers an ideal opportunity to share and experience new and empowering evidence-based knowledge with families.

**Heart-to-heart** **Heart** aims to provide:

* Sessions designed specifically for parents/carers and their children/teens
* Enjoyable, interactive and low-key activities and resources to help strengthen relationships in a contained and nurturing group
* An opportunity to explore all aspects of middle childhood and teen development including the amazing changes happening in prepubescent and teenage brains, why teens turn nocturnal and other wonderful aspects of emotional, neurological and psychological development
* Empower and encourage all group members with the latest science of attachment including multi-media clips, lego models and the occasional junk sculpture made of sellotape and straws
* Share evidence-based tools and techniques with all group members to help them manage stress and develop resilience
* Opportunities to develop a supportive network with other families and carers that may continue after the programme ends

I am able to offer a limited number of places for the pilot group so if you think that this is something you and your child would like to be part of, please contact Sharon Carrigan to register your interest.

I will be holding a meeting for parents on **Wednesday 7th March at 1.15pm** at school when I will be able to give you further information and answer any questions that you might have.

**The pilot programme will run for 6 sessions on the dates listed below:**

1. **Wednesday 14th March 1.15pm – 2.15pm**
2. **Wednesday 21st March 1.15pm – 2.15pm**
3. **Wednesday 28th March 1.15pm – 2.15pm**
4. **Wednesday 18th April 1.15pm – 2.15pm**
5. **Wednesday 25th April 1.15pm – 2.15pm**
6. **Wednesday 2nd May 1.15pm – 2.15pm**

Yours faithfully

Heidi Sheppard

Certified Play and Creative Arts Therapist

Accredited Heart to Heart Practitioner