

Raising Happy and Resilient Children

FREE Virtual Parent Education Presentation

Wednesday, January 26, 2022

7 - 8:00 pm

Presented by: Rachel Calheta, MSW, LCSW

School Counselor Preschool through Second Grade

What are the tools to teach children how to thrive and navigate life's challenges?

How do children develop and learn to effectively deal with their emotions?

Join Rachel for a virtual discussion to explore how to understand and assist children's social emotional development. Parents will learn strategies and tools to help support their children's emotional development including calm-down techniques, mindfulness activities, and social emotional language.

Presenter: Rachel Calheta, MSW, has been a school counselor for the Nashoba Regional School District since 2009. Before that she worked for the Martha's Vineyard Regional School District and the Westwood School District. Rachel graduated from Boston College and obtained her MSW from Simmon's School of Social Work. Rachel has experience working as an outpatient mental health clinician, though she has found her passion within the school system. Rachel is the proud mother of 4 children (ages 8-18). She enjoys volunteering as an ice hockey coach, and currently serves as a board member for a local girls hockey league.

Please Register: [LINK](#) The link will be emailed to you prior to the presentation.

If you have any questions please feel free to contact Liz Garreffo, Early Childhood Coordinator, at egarreffo@nrsd.net or Liz Dumas at edumas@nrsd.net.

Presentation Provided by:

Nashoba Community Partnership for Children



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