

**FREE**



# CAPE & ISLANDS SOCIAL-EMOTIONAL LEARNING PARENTING WORKSHOP:

## A Caregiver's Guide To Childhood Emotional & Behavioral Regulation with Rachel Darsch, LICSW

Learn strategies you can use at home to help your child regulate their emotions and behaviors. Topics include: coping skills, mindfulness, cognitive behavioral techniques, emotions and the brain, de-escalation skills, and more! Gain knowledge of these topics and how to implement them in real life situations. Participants will also receive book recommendations and at-home worksheets.

October 22nd from 6:00 PM to 7:30 PM on Zoom

[CLICK HERE](#) to learn more and get the meeting link



Bourne For Children  
508-743-3800 x 6751



Cape Cod Children's Place Inc.  
508-240-3310



MV Community Services  
508-687-9182



Nantucket Community School  
508-228-7285 x 1166



SANDWICH PARTNERSHIP FOR FAMILIES  
508-477-6600 x 4



Wareham BEYOND SCHOOL TIME  
508-548-0220



Wareham BEYOND SCHOOL TIME  
508-291-3500 x 3555

**Need help now? Free 24/7 Parental Stress Line: 1-800-632-8188**



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