

Free Event
For
Parents

The Council of Chelmsford Schools
Presents

Dr. Jim Graves,
Clinical/Sports Psychologist
Head Games Sports
Applied Sports Psychology Group

Self-Esteem and Your Child

**What is self-esteem?
How necessary is it?
How can it affect performance?**

**Please join us to learn about the
most important challenge facing parents.
Learn how it is never too late to help your child.**

Monday, December 12th

7:00pm-9:00pm

Chelmsford High School
Performing Arts Center

200 Richardson Rd, North Chelmsford, MA

Parking and the PAC are in the back of the high School

Following Dr. Graves' presentation, there will be time
for questions from audience members.

This event is a **free** enrichment program for **parents** sponsored by
Council of Chelmsford Schools