

Cultivate Awareness. Live Mindfully. Enhance Resilience.

staff

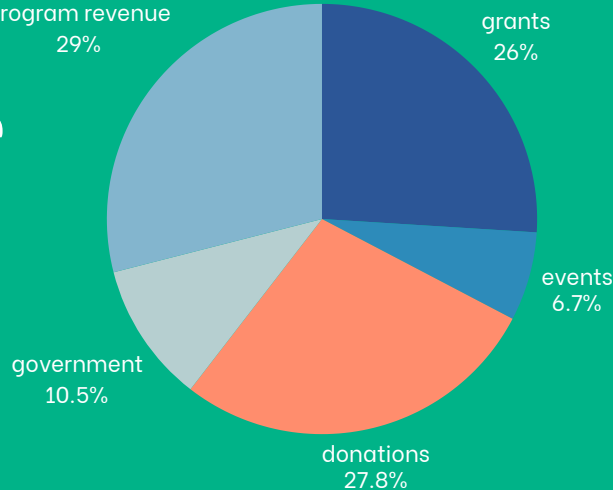
- Sarah Manion | Executive Director
- Sara Anton | Director of Philanthropy
- Eileen Gustin | Director of Finance
- Stephanie Goley | Director of Program Operations
- L. Forest Malatesta | Lead Facilitator
- Liliana Bejarano-Cryer | Instructor
- Sasha Christakis | Instructor
- Sue Costello | Instructor
- Carolyn DeCristofano | Instructor
- Poppy Kennedy | Instructor Mentor
- Paul Melville | Facilitator
- Emma Miles | Instructor
- Song Sutthimaitree | Instructor
- Teri Treille | Philanthropy & Outreach Coordinator

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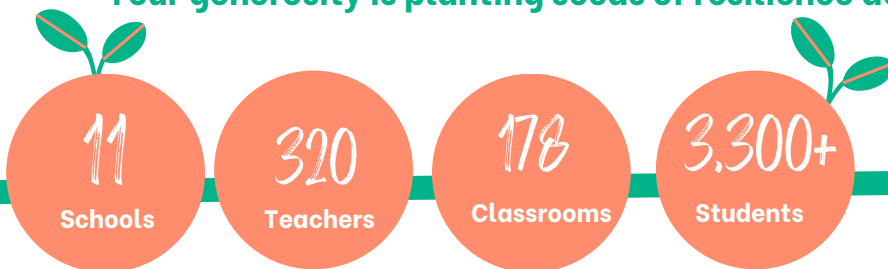
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2023 - 2024

Annual Report

# we are deeply grateful for your support.

Your generosity is planting seeds of resilience across Cape Cod.



Did you know that your impact extends beyond the school walls?

From weekend retreats to monthly offerings, our adult programming offers an opportunity to facilitate connection, foster understanding and build community.



*This retreat was a time to be quiet and notice everything around you. It was comforting to be in a group of people and feel safe, cared for and part of a community without having to engage in small talk. It was a reminder to look for resilience in myself and to notice it in nature. I feel restored.*

## Mindfulness = Mental Health + Wellbeing

- Reduce Stress & Anxiety
- Promote Self-regulation
- Build Relationships
- Practice Compassion
- Feel Grounded



*Many of my students struggle with attention and hyperactivity challenges where they have a harder time self-regulating their bodies. Calmer Choice has taught them about the parts of the brain and how they are connected to making decisions and solving problems.*

Erin Tierney, Kindergarten Teacher  
Ezra H. Baker Elementary School



Thank you.

scan here to learn more



Founded in 2010, Calmer Choice is a nonprofit organization that serves children and those who support them by providing evidence-based mindfulness education, training, and mentorship to build resilience, foster compassion and nurture the wellbeing of our community. Utilizing our innovative, research-informed curriculum, we support individuals in reconnecting with the inner capacities they need to feel grounded, resourced, and capable of leading lives of kindness and compassion towards themselves and others.