

INFORMATION/RESOURCES

www.anxietybc.com Huge selection of free resources and ideas for parents and children.

- www.myanxiouschild.com (Turnaround treatment program – DVD's)

- **Anxiety and Depression Association of America** – on line

- U-Tube demos

- **Books for parents**

- **The Worried Child: Recognizing Anxiety in Children and Helping Them Heal**

- **Parenting Your Anxious Child with Mindfulness and Acceptance**

- **Helping Your Anxious Child**

- **Local library**

Books for kids **What Do You Do When You Worry Too Much: A Kids Guide to Overcoming Anxiety**

- **What Do You Do You Do When Your Brain Gets Stuck: A Kids Guide To Overcoming OCD**

- **What Do You Do When You Grumble Too Much: A Kids Guide To Overcoming Negativity**

- **When My Worries Get Too Big (younger kids)**