**Anxiety Canada** - For youth to get information and strategies to manage anxiety. https://www.anxietycanada.com/

**Kelty Mental Health** - Mental health and substance use information and resources. http://keltymentalhealth.ca

**Kids Health** - Information on health, physical and social emotional development for children, youth & parents. http://Kidshealth.org

**Information Children** - Parent helpline, parenting groups, parent coaching and parenting pamphlets all free to families. http://www.informationchildren.com

**Connect© Parent Program** - Connect© helps caregivers understand basic attachment concepts which can then be applied across a broad range of situations and relational contexts. A strength-based approach to supporting families, Connect© is consistent with trauma informed practice and is offered by a variety of professionals in settings such as schools, community agencies and mental health offices. http://connectparentgroup.org/

**Child and Youth Mental Health (CYMH) -** Mental health services and intake clinics for children and teens.   
https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health

**The Foundry** - Offers youth aged 12 – 24 health and wellness resources, services, support, online and through integrated services centres. Includes Mindcheck resource. foundry.bc.ca

**Kids Help Phone** - Phone/ chat counselling support and information for children/ youth on a variety of topics including bullying and cyber bullying. http://Kidshelphone.ca

**Bounce Back®** - Teaches effective skills to help individuals (aged 15+) overcome symptoms of mild to moderate depression or anxiety & improve their mental health. https://cmha.bc.ca/programs-services/bounce-back/

**Teen Mental Health** - Resources, information on mental health issues for teens. http://Teenmentalhealth.org

**How Do I Parent My Teen** - Booklet for parents with info on the developmental stages & stressors teens typically experience.  
http://teenmentalhealth.org/product/parent-teen/

**How Do I Teen My Parent** - Booklet for teens with info on the developmental stages of adolescence & how to communicate with parents. http://teenmentalhealth.org/product/teen-parent/

**Family Smart** - Offers monthly “In The Know” parent information sessions on topics relating to mental health and well-being. Their Parents in Residence (PiR) provide peer support, mentoring, system navigation and access to resources, and education for families experiencing mental health and/or substance use challenges. http://www.familysmart.ca/programs/familysmart/

**Sitting Still Like a Frog** **byEline Snel** - Simple mindfulness practices to help children (ages 5-12) with managing anxiety, improving concentration, and handling difficult emotions.

**Mindful Games** **by Susan Kaiser Greenland** - Simple games for children to develop attention, focus and identify/regulate emotions.

**The Dolphin Parent** **by Shimi Kang** - Dolphin parents focus on maintaining balance in their children’s lives to compassionately, yet authoritatively guide them toward the key 21st century skills of “CQ”—creativity, communication, collaboration and critical thinking.

**Brainstorm** **by Daniel Siegel** - Understanding how the teenage brain functions can help parents promote growth, change, and development.

**Mindset: The New Psychology of Success** **by Carol Dweck** - Success can be influenced by how we think about our talents and abilities. People with a *fixed mindset* — those who believe that abilities are fixed — are less likely to flourish than those with a *growth mindset* — those who believe that abilities can be developed.

**Raising Human Beings: Creating Collaborative Partnerships with your Child** **by Ross Greene** - How to cultivate a better parent-child relationship while also nurturing empathy, honesty, resilience, and independence.