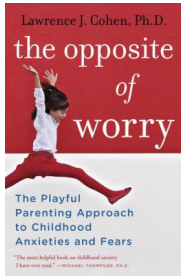


& Connecting for Kids Westlake Porter Public Library Additional Resources



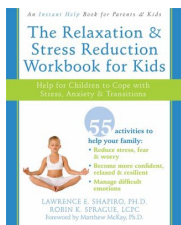
From the Westlake Porter Public Library Collection



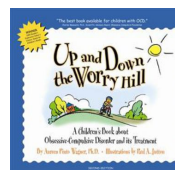
The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears
by Lawrence J. Cohen
Print: 649.1 C678O 2013



Anxious Kids, Anxious Parents : 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children by Reid Wilson, PhD
Print: 152.46 W752A 2013



The Relaxation & Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety & Transitions
by Lawrence E. Shapiro, PhD
Print: JSN 155.9042 S529R 2009



Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment
by Aureen Pinto Wagner, PhD
Print: JSN 616.85227 W132U 2004

For more titles from the library's worries and anxiety collection, visit www.westlakelibrary.org and search "anxiety children" in the catalog.

From the Connecting for Kids Resource Collection



Online Anxiety Concern Guide: Visit connectingforkids.org/anxiety for a complete guide to anxiety resources in our area, including organizations, educational resources, websites, previous Connecting for Kids speakers' podcasts and more.



Parent Match Program: CFK subscriber parents can connect with other parents who are on the same path to share questions, ideas and celebrate successes. To get started with a parent match, call 1-440-250-5563 or email info@connectingforkids.org or visit connectingforkids.org/programsparentmatch to learn more.



Facebook Support Groups: Ask questions and get answers and support from fellow CFK subscribers through our online support groups. To join, visit: connectingforkids.org/onlinesupport



Pinterest: With more than 1,200 pins, our growing Pinterest collection has numerous resources you can use. Check out our Anxiety Pinterest board (www.pinterest.com/connectforkids/anxiety) and don't forget to browse the rest of our collection for everything from education topics to parenting support.

Stock photography courtesy of FreeDigitalPhotos.net

Email: info@connectingforkids.org | **Phone:** 440-250-5563
Web: connectingforkids.org