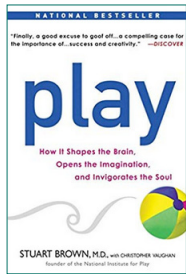
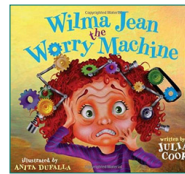




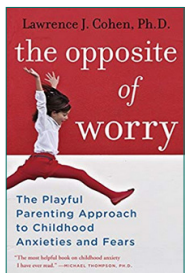
### From the Elyria Public Library Collection



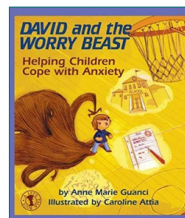
**Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul,**  
by Stuart Brown, MD, and Christopher Vaughan  
Print: 155 BRO



**Wilma Jean the Worry Machine,**  
by Julia Cook  
Print: SCHOOL E COOK



**The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears,**  
by Lawrence Cohen, PhD  
Print: 155.4 COH



**David and the Worry Beast: Helping Children Cope with Anxiety,**  
by Anne Marie Guanci  
Print: J FIC GUA

For more titles from the library's collection, visit [www.elyria.lib.oh.us](http://www.elyria.lib.oh.us).

### From the Connecting for Kids Resource Collection

**You're Not Alone**  
In addition to the resources on this page, CFK offers opportunities to learn and connect with other families.

**To Learn More:**

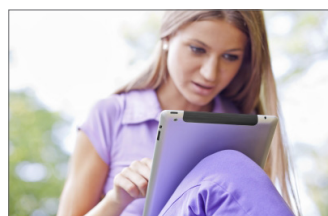
- Download Handouts of our resources
- Read Family Resources
- Attend Family School Events
- Attend Family Support Groups
- Attend Family Support Groups

**Just Getting Started?**  
Families who have recently become concerned about their child's anxiety may benefit from resources for the Parent Support Group program. The online support groups are a great way to get started being help for your child. We also encourage members of the Connecting for Kids group to reach out for professional support.

**Anxiety Concern Page:** Explore the top four organizations, books and websites for childhood anxiety as identified by local experts in the field. You can also access additional Connecting for Kids resources from this page, including our growing Pinterest collection, provider search and exclusive how-to guides. Visit: [connectingforkids.org/anxiety](http://connectingforkids.org/anxiety)



**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 440-570-5908, email [info@connectingforkids.org](mailto:info@connectingforkids.org) or visit [connectingforkids.org/programsparentmatch](http://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](http://connectingforkids.org/onlinesupport)