

From the "Anxiety and Building Resilience in Our Youth" workshop by Dr. Linda Uyeda, MD, CCFP at Alpha Secondary, Nov. 2018

## Resources for ...

Please contact PAC Chair if you have any questions or would like the presentation slides.

### Parenting Courses:

- Connect: An attachment focused treatment group for parents and caregivers • Parenting Attachment and Individual Development (P.A.I.D)
- Confident Parents: Thriving Kids Canadian Mental Health Association
- Triple P Parenting – Online or community groups available
- Nobody's Perfect Program for Parents

### Books on Attachment:

- Becoming Attached – Karen
- Attached – Levine and Heller

### Books on Parenting:

- The Science of Parenting - Sunderland
- Parenting from the Inside Out – Siegel and Hartzell
- The Mindful Parent – Peterson
- Hold on to your Kids – Neufeld and Mate
- Scattered Minds The Origins and Healing of ADHD – Mate
- Whole Brain Child – Siegel

### Mindfulness Resources:

#### For Younger Children:

- Sitting Still Like a Frog - Snel
- The Mindful Child – Kaiser Greenland

#### For Teens:

- Mindfulness for Teens

#### For Adults:

- 10% Happier – Harris
- Meditation for Fidgety Skeptics - Harris
- Wherever You Go There you Are – Kabat Zinn

### CBT/Mindfulness Workbooks for Kids/Parents

#### For Younger Children:

- What To Do When You Worry Too Much – Huebner and Matthews
- What To Do When Your Brain Gets Stuck: A Kids Guide To Overcoming OCD – Huebner (Huebner has an entire series of workbooks for different mental health issues in children – anger, fear, bedtime worries, bad habits)

#### For Teens:

- Dealing With Depression: Antidepressant Skills for Teens - SFU Online Printable

#### For Young Adults:

- The Cognitive Behavioral Workbook for Depression – Knaus

### Helpful Videos and Websites:

- Kelty Mental Health: <https://keltymentalhealth.ca>
- Foundry Youth Clinics: <https://foundrybc.ca>
- Jason's story about depression: <https://www.youtube.com/watch?v=z2jeoiBCSN8>
- The role of attachment in infancy on later mental and physical health outcomes: <https://www.youtube.com/watch?v=6bul1meciGE>
- Attachment and Resilience: <https://www.youtube.com/watch?v=C-ZIUtJr8nE>
- Doc Zone: Angry Kids Stressed out Parents <https://www.youtube.com/watch?v=xCHBB6F0iMk>
- Stress: Portrait of a Killer <https://www.youtube.com/watch?v=eYG0ZuTv5rs>
- The Ghost in Your Genes (epigenetics): <https://www.youtube.com/watch?v=fMxgkSgZoJs>

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