



## Growing mindful : Mindfulness practices for all ages

<https://libraries.phsa.ca/permalink/catalog121696>

Abblett, Mitch, Willard, Christopher. [Eau Claire, WI]: PESI Publishing and Media , 2019. 2nd Ed. (Kit) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: EG 225 ABB 2019

“ Teaching and incorporating mindfulness into your home, classroom and therapy session is easy with the Growing Mindful card deck featuring 50 unique mindfulness activities to teach awareness, how to be present in the moment, and cultivate kindness & curiosity. Perfect for all ages!



## In our own words: Using family stories to teach family-centered care

<https://libraries.phsa.ca/permalink/catalog109263>

<http://www.partoparvt.org>

Abernathey, Nancy. Parent to Parent of Vermont , 2001. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
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Location: Family Support & Resource Centre  
Call Number: IA 401 ABE 2001

“ The purpose of this handbook is to: ; -Support the overarching goal of increasing practitioners ability to care for children with chronic conditions. ; -Provide a framework for families to share their knowledge and expertise in caring for their child with special needs. ; -Help families organize th...