

The transgender child: A handbook for families and professionals

<https://libraries.phsa.ca/permalink/catalog111325>

Brill, Stephanie, Pepper, Rachel. San Francisco, CA: Cleis Press Inc. , 2008. (Book) — 5 copies, [2 available](#)

Audience: Patient or Public
Featured

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: GA 600 BRI 2008

“ A comprehensive guidebook exploring the unique challenges faced by families raising gender variant and transgender children. This informative guide covers gender variance from birth through college, addressing parenting practices, developmental stages, disclosure to others, working with your school...



The transgender child: A handbook for families and professionals (Audio CD Version)

<https://libraries.phsa.ca/permalink/catalog112820>

Brill, Stephanie, Pepper, Rachel. Canada: Free Press Inc. , 2011. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: GA 600 BRI 2011a

“ This is the audio CD version of the comprehensive guidebook that explores the unique challenges faced by families raising gender variant and transgender children. This informative guide covers gender variance from birth through college, addressing parenting practices, developmental stages, disclosu...



The transgender child: A handbook for families and professionals (MP3 CD Version)

<https://libraries.phsa.ca/permalink/catalog112821>

Brill, Stephanie, Pepper, Rachel. Canada: Post Hypnotic Press , 2011. (CD, Audio) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: GA 600 BRI 2011b

“ This is the MP3 CD version of the comprehensive guidebook that explores the unique challenges faced by families raising gender variant and transgender children. This informative guide covers gender variance from birth through college, addressing parenting practices, developmental stages, disclosure...



Neurofibromatosis : a handbook for patients, families and health care professionals

<https://libraries.phsa.ca/permalink/catalog6246>

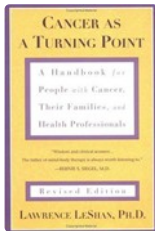
Rubenstein, Allan E, Korf, Bruce R. New York, N.Y.: Thieme Medical Publishers, Inc. , 1990. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library

Call Number: QZ380 N493 1990



Cancer as a turning point : a handbook for people with cancer, their families, and health professionals

<https://libraries.phsa.ca/permalink/catalog7067>

LeShan, Lawrence. Toronto, ON: Penguin Books Canada Limited , 1994. rev. ed. (Book) — 14 copies, [14 available](#)

Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library
Vancouver Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Kelowna Cancer Info Ctr
Abbotsford Cancer Info Ctr
Prince George Cancer Info Ctr

Call Number: QZ266 L629 1994



Cancer as a turning point : a handbook for people with cancer, their families, and health professionals

<https://libraries.phsa.ca/permalink/catalog13837>

LeShan, Lawrence. New York, N.Y.: E.P. Dutton , 1989. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Kelowna Cancer Info Ctr

Call Number: QZ266 L629 1989



Questions and answers for parents and family members of gender variant and transgendered youth

<https://libraries.phsa.ca/permalink/catalog113794>

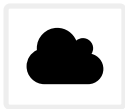
https://ok2bme.ca/wp-content/uploads/Parenting_a_Gender_Variant_Child.pdf

Vancouver School Board. Vancouver, BC: Vancouver School Board , 2011. (Online)

Audience: Patient or Public

Agency: BC Children's and Women's

“ Are you the parent of a trans or gender-diverse youth, and find yourself needing some answers? This booklet provides some answers to some of the most common questions parents have about gender identity, family, and supporting your child. Available in English and Simplified Chinese.



Questions and answers for parents and family members of gender variant and transgendered youth (Traditional Chinese)

<https://libraries.phsa.ca/permalink/catalog113795>

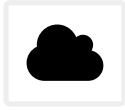
https://www.vsb.bc.ca/Student_Support/Safe_Caring/Documents/T56778Chinese%20Traditional_Q&A%20Trans%20Booklet%20English%20

Vancouver School Board. Vancouver, BC: Vancouver School Board , 2011. (Online)

Audience: Patient or Public

Agency: BC Children's and Women's

“ Are you the parent of a trans or gender-diverse youth, and find yourself needing some answers? This booklet provides some answers to some of the most common questions parents have about gender identity, family, and supporting your child. Available in English and Simplified Chinese.



Questions and answers for parents and family members of gender variant and transgendered youth (Filipino)

<https://libraries.phsa.ca/permalink/catalog121336>

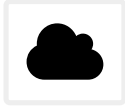
https://www.vsb.bc.ca/Student_Support/Safe_Caring/Documents/T56778Filipino_Q&A%20Trans%20Booklet%20English%202017_Web.pdf

Vancouver School Board. Vancouver, BC: Vancouver School Board , 2011. (Online)

Audience: Patient or Public

Agency: BC Children's and Women's

“ Are you the parent of a trans or gender-diverse youth, and find yourself needing some answers? This booklet provides some answers to some of the most common questions parents have about gender identity, family, and supporting your child. Available in English and Simplified Chinese.



Questions and answers for parents and family members of gender variant and transgendered youth (Korean)

<https://libraries.phsa.ca/permalink/catalog121337>

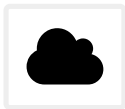
https://www.vsb.bc.ca/Student_Support/Safe_Caring/Documents/T56778Korean_Q&A%20Trans%20Booklet%20English%202017_Web.pdf

Vancouver School Board. Vancouver, BC: Vancouver School Board , 2011. (Online)

Audience: Patient or Public

Agency: BC Children's and Women's

“ Are you the parent of a trans or gender-diverse youth, and find yourself needing some answers? This booklet provides some answers to some of the most common questions parents have about gender identity, family, and supporting your child. Available in English and Simplified Chinese.



Questions and answers for parents and family members of gender variant and transgendered youth (Punjabi)

<https://libraries.phsa.ca/permalink/catalog121338>

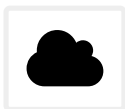
https://www.vsb.bc.ca/Student_Support/Safe_Caring/Documents/T56778Punjabi_Q&A%20Trans%20Booklet%20English%202017_Web.pdf

Vancouver School Board. Vancouver, BC: Vancouver School Board , 2011. (Online)

Audience: Patient or Public

Agency: BC Children's and Women's

“ Are you the parent of a trans or gender-diverse youth, and find yourself needing some answers? This booklet provides some answers to some of the most common questions parents have about gender identity, family, and supporting your child. Available in English and Simplified Chinese.



Questions and answers for parents and family members of gender variant and transgendered youth (Vietnamese)

<https://libraries.phsa.ca/permalink/catalog121339>

https://www.vsb.bc.ca/Student_Support/Safe_Caring/Documents/T56778Vietnamese_Q&A%20Trans%20Booklet%20English%202017_Web.pdf

Vancouver School Board. Vancouver, BC: Vancouver School Board , 2011. (Online)

Audience: Patient or Public

Agency: BC Children's and Women's

“ Are you the parent of a trans or gender-diverse youth, and find yourself needing some answers? This booklet provides some answers to some of the most common questions parents have about gender identity, family, and supporting your child. Available in English and Simplified Chinese.



A guide for families: Diabetes care for children and teens

<https://libraries.phsa.ca/permalink/catalog111623>

<http://www.bcchildrens.ca/endocrinology-diabetes-site/documents/chbctype1kids.pdf>

Child Health BC. Vancouver, BC: BC Children's Hospital , 2011. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: FL 800.5 GUI 2011
URL Notes: Book is also available online. To view, click on the link above.

“ This guide consists of several illustrated, easy-to-read information sheets, written in plain language to help families as they get started in learning about type 1 diabetes. All material can be downloaded and placed in a 3 ring binder to give families. ; Includes: ; 1. What is Diabetes ; 2. Checki...

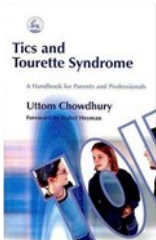


Relaxation techniques : a practical handbook for the health care professional

<https://libraries.phsa.ca/permalink/catalog14689>

Payne, Rosemary A. New York, NY: Elsevier Churchill Livingstone , 2005. 3rd ed. (Book) — 1 copy, [1 available](#)

Audience: Professional
Agency: BC Cancer Agency
Location: Vancouver Library
Call Number: WB545 P346r 2005



Tics and Tourette syndrome: A handbook for parents and professionals

<https://libraries.phsa.ca/permalink/catalog109128>

London, UK: Jessica Kingsley Publishers , 2004. (Book) — 1 copy, [1 available](#)

Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: FM 484 CHO 2004

“ This essential guide to tic disorders and Tourette Syndrome tackles problems faced both at home and at school, such as adjusting to the diagnosis, the effect on siblings and classroom difficulties. The book offers advice on how to manage symptoms, describing psychological techniques such as habit r...



Grant writing handbook for nurses and health professionals

<https://libraries.phsa.ca/permalink/catalog120846>

<https://www.r2library.com/Resource/Title/0826141447>

Holtzclaw, Barbara J., Kenner, Carole, Walden, Marlene. New York, NY: Springer Publishing Company , 2018. 3rd ed. (Ebook)

Audience: Professional
Agency: BC Cancer Agency
Location: Internet
URL Notes: This title is licensed for one user at a time on BCCA-network computers. If you are denied access while on a network computer, try again later.

“ Table of Contents: ; Why grant writing skills are needed now and in the future -- So, you want to write a grant! Where to begin? -- What type of grant do you want? -- It takes a village (and the village has a system!) -- Writing the research proposal -- Engaging communities in research grant develo...



Bereaved children and teens : a support guide for parents and professionals

<https://libraries.phsa.ca/permalink/catalog4209>

Boston, Ma.: Beacon Press , 1995. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library
FVC PFCS
Victoria Cancer Info Ctr

Call Number: BF575 B487g 1995

“ Brings together articles from 14 writers (teachers, medical professionals, clergy, and counsellors) to address topics, such as terminal illness, death education in schools, responses among different faiths and ethnic groups, and the use of film and drama to teach about death.



Bereaved children and teens: A support guide for parents and professionals

<https://libraries.phsa.ca/permalink/catalog102989>

Grollman, Earl A. Boston, MA: Beacon Press , 1995. Rev. ed. of: Explaining death to children. 1967. . (Book) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: GV 200 GRO 1995

“ This is a comprehensive resource for parents, teachers, counselors, health-care professionals, clergy and others concerned about the children in their lives. Suggests ways of explaining death to children and teens from a number of perspectives eg. philosophical, cultural and religious.



United Way of the Lower Mainland's family and friend caregivers information and resource handbook 2016 : for seniors and boomers who are caring for older family members and friends

<https://libraries.phsa.ca/permalink/catalog113843>

<http://www.uwlm.ca/resources/caregivers-information-and-resources-handbook/>

<http://www.uwlm.ca/wp-content/uploads/2015/06/Caregivers-Guide-2016-web.pdf>

Willett, Katherine. Burnaby, BC: United Way of the Lower Mainland , 2016. 2nd ed. (Book, Online) — 3 copies, [3 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Internet
Vancouver Library REF
Abbotsford Cancer Info Ctr
Victoria Cancer Info Ctr

Call Number: WT22 DC2.1 B8 U58 2016



Girls growing up on the autism spectrum: What parents and professionals should know about the pre-teen and teenage years

<https://libraries.phsa.ca/permalink/catalog111388>

Nichols, Shana, Moravcik, Gina Marie, Tetenbaum, Samara Pulver. London, UK: Jessica Kingsley Publishers , 2009. (Book) — 2 copies, 0 available

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: FM 272 NIC 2009

“ *Discussing adolescent issues within the context of specific areas of difficulty for girls with ASDs, the authors provide knowledge and advice to help girls - and the whole family - through the teenage years. This book addresses a range of topics including: cognition, communication, behavior, sensor...*



Beyond magenta: Transgender teens speak out

<https://libraries.phsa.ca/permalink/catalog112924>

Kuklin, Susan. Somerville, Massachusetts: Candlewick Press , 2014. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Featured
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: YOUTH GA 600 KUK 2014

“ *In Beyond Magenta, six teens tell what it is like for them to be members of the transgender community. Portraits and family photographs grace the pages, adding immediacy to the emotional and physical journeys of these unwaveringly honest young adults.*

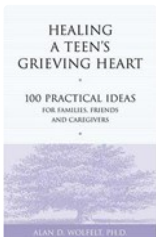


Easing the hurt... : a handbook of comfort for families and friends of people who are seriously ill

<https://libraries.phsa.ca/permalink/catalog19995>

Latimer, Elizabeth J. Hamilton, ON: E. J. Latimer , 1996. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Victoria Cancer Info Ctr
Call Number: BF575 L357e 1996

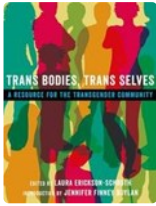


Healing a teen's grieving heart : 100 practical ideas for families, friends and caregivers

<https://libraries.phsa.ca/permalink/catalog14759>

Wolfelt, Alan D. Fort Collins, CO: Companion Press , 2001. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Surrey Cancer Info Ctr
Call Number: BF575 W857h 2001



Trans bodies, trans selves : a resource for the transgender community

<https://libraries.phsa.ca/permalink/catalog121376>

<http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=772837>

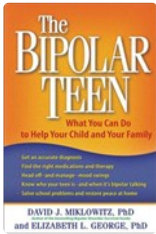
New York, NY: Oxford University Press , 2014. (Ebook)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Internet

URL Notes: Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.



The bipolar teen: What you can do to help your child and your family

<https://libraries.phsa.ca/permalink/catalog111406>

Miklowitz, David J., George, Elizabeth, L. New York, NY: The Guilford Press , 2008. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: CD 304 MIK 2008

“ This book helps parents understand how bipolar disorder is diagnosed in adolescents, how to find the right treatment, and what the whole family can do to manage. Based on Miklowitz's evidence-based family-focused treatment model, it provides practical strategies for recognizing and responding to t...



The grieving teen: A guide for teenagers and their friends

<https://libraries.phsa.ca/permalink/catalog108681>

Fitzgerald, Helen. New York, NY: Simon & Schuster , c2000. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: YOUTH GV 250 FIT 2000

“ Written for teenagers, this book covers the entire range of situations in which youth may find themselves grieving a death, whether the cause was old age, terminal illness, school violence, or suicide. The author helps youth address the gamut of strong and difficult emotions they will experience an...



Drug information handbook : a comprehensive resource for all clinicians and healthcare professionals : 2009-2010

<https://libraries.phsa.ca/permalink/catalog18143>

Hudson, OH: Lexi-Comp Inc. | American Pharmacists Association , 2009. 18th ed. (Book)

Audience: Professional

Agency: BC Cancer Agency

Location: FVC Pharmacy



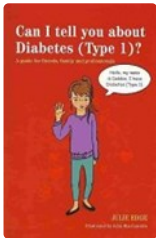
Transgender children and youth: Cultivating pride and joy with families in transition

<https://libraries.phsa.ca/permalink/catalog121331>

Nealy, Elijah C. New York, NY: W.W. Norton & Co., Inc. , 2017. (Book) — 1 copy, 0 available

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GA 600 NEA 2017

“ A comprehensive guide to the medical, emotional and social issues of trans children.



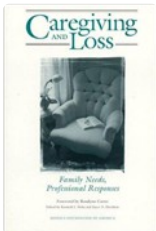
Can I tell you about Diabetes (Type 1)? A guide for friends, family and professionals

<https://libraries.phsa.ca/permalink/catalog110221>

Edge, Julie, MacConville, Julia (ill.). Philadelphia, PA: Jessica Kingsley Publishers , 2014. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR FL 800.5 EDG 2014

“ Meet Debbie - a young girl with diabetes type 1. Debbie invites readers to learn about this type of diabetes from her perspective, describing how it feels to have high and low blood sugar levels. She explains how she can monitor her blood sugar and controls it with medication. Debbie also talks abo...



Caregiving and loss : family needs, professional responses

<https://libraries.phsa.ca/permalink/catalog10131>

Washington, D.C.: Hospice Foundation of America , 2001. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Surrey Cancer Info Ctr
Call Number: BF789 C276 2001



Working with transgender young people and their families : a critical developmental approach

<https://libraries.phsa.ca/permalink/catalog121380>

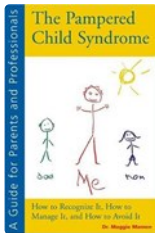
<http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=2086385>

Riggs, Damien W. Cham, Switzerland: Palgrave Macmillan | Springer Nature Switzerland AG , 2019. (Ebook)

Audience: Professional
Agency: BC Cancer Agency
Location: Internet
URL Notes:

This ebook is licensed for one user at a time on BCCA network computers. If you are denied access while on a network computer, try again later.

“ Table of contents: ; 1. Introduction -- 2. Children and Gender Development -- 3. Challenges and Joys in Adolescence -- 4. Parent Journeys Through Cisgenderism -- 5. Siblings, Grandparents, and Animal Companions -- 6. Conclusion



The pampered child syndrome: A guide for parents and professionals

<https://libraries.phsa.ca/permalink/catalog109707>

Mamen, Maggie. Creative Bound , 2004. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GK 800 MAM 2004

“ This book argues that we live in a society where real progress has been made in the development of child-centered parenting, education and care, but that this cultural shift has produced a generation of children who are entitled to the same rights as adults but not ready to accept grown-up responsi...



Children with cancer : a handbook for families

<https://libraries.phsa.ca/permalink/catalog10023>

British Columbia's Children's Hospital. Vancouver, B.C.: British Columbia's Children's Hospital , 2001. rev. ed. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Victoria Cancer Info Ctr
Call Number: QZ201 B862 2001

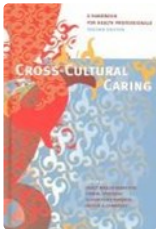


Medical and spiritual guide to living with cancer : a complete handbook for patients and their families

<https://libraries.phsa.ca/permalink/catalog1034>

Fintel, William A, McDermott, Gerald R. Vancouver, B.C.: Word Publishing , 1993. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Recommended
Agency: BC Cancer Agency
Location: Vancouver Cancer Info Ctr
Call Number: QZ201 F516 1993



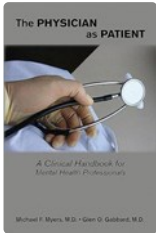
Cross cultural caring : a handbook for health professionals

<https://libraries.phsa.ca/permalink/catalog14670>

Vancouver, BC: UBC Press , 2005. 2nd ed. (Book) — 2 copies, [2 available](#)

Audience: Professional
Agency: BC Cancer Agency
Location: Vancouver Library
Victoria Library
CSI PFCS
Call Number: WM61 C951 2005

“ Each chapter looks at one ethnic community and discusses issues such as childbirth, mental illness, dental care, hospitalization, and death. Looks at Vietnamese, Cambodian, Laotian, Chinese, Japanese, Iranian, South Asian, and Central American cultural groups.



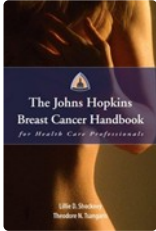
Physician as patient : a clinical handbook for mental health professionals

<https://libraries.phsa.ca/permalink/catalog19075>

Myers, Michael F., Gabbard, Glen O.: Washington. D.C.: American Psychiatric Pub. , 2008. (Book) — 1 copy, [1 available](#)

Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Library FHA
Call Number: WM140 M996 2008

“ *Psychology of physicians and the culture of medicine -- Minority physicians (racial, ethnic, sexual orientation) and international medical graduates -- Psychiatric evaluation of physicians -- Psychiatric and medical illness in physicians -- Addictions: chemical and nonchemical -- Personality disorder...*



Johns Hopkins breast cancer handbook for health care professionals

<https://libraries.phsa.ca/permalink/catalog16731>

Shockney, Lillie, Tsangaris, Theodore N. Sudbury, MA: Jones and Bartlett Publishers , c2008. (Book, CD) — 2 copies, [1 available](#)

Audience: Professional
Agency: BC Cancer Agency
Location: Vancouver Library
Abbotsford Library
Call Number: WP870 S559j 2008



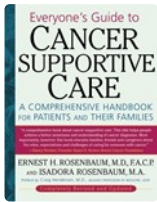
Living well with mitochondrial disease: A handbook for patients, parents, and families

<https://libraries.phsa.ca/permalink/catalog112075>

Balcells, Cristy. Bethesda, MD: Woodbine House , 2012. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: FA 500 BAL 2012

“ *Written for patients, parents, families and caregivers, this book teaches readers how the mitochondria work, how people with Mito are diagnosed and treated, and how to live well when you, your child, or someone you love is struggling with disabling symptoms. The author is a nurse and mother of a ch...*



Everyone's guide to cancer supportive care : a comprehensive handbook for patients and their families

<https://libraries.phsa.ca/permalink/catalog14692>

Rosenbaum, Ernest H, Rosenbaum, Isadora. Kansas City, MO: Andrews McMeel Publishing , 2005. rev. and updated ed.

(Book) — 7 copies, [7 available](#)

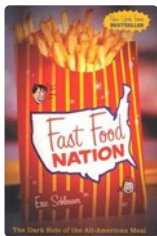
Audience: Patient or Public
Recommended

Agency: BC Cancer Agency

Location: Vancouver Library
Vancouver Cancer Info Ctr
Victoria Cancer Info Ctr
Kelowna Cancer Info Ctr
Abbotsford Cancer Info Ctr
Prince George Cancer Info Ctr

Call Number: QZ201 R813 2005

“ Cancer care specialists answer questions concerning a cancer patient's physical, psychological, and spiritual needs. Includes understanding cancer and its treatments; chemotherapy and bone marrow transplant side effects; stress and cancer; the will to live; spirituality; sexuality; nutrition; and r...



Cancer nutrition center handbook : an essential guide for cancer patients and their families

<https://libraries.phsa.ca/permalink/catalog18170>

Katzin, Carolyn. Los Angeles, CA: Carolyn Katzin , 2006. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Vancouver Library

Call Number: QZ266 N9 K19c 2006



The why and what of epilepsy: A book for children and teens

<https://libraries.phsa.ca/permalink/catalog112420>

Karia, Roopal, Mittal, Shiekha. Baltimore, MD: Publish America , 2008. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: JUNIOR FM 470 KAR 2008

“ This book aims to explain the epilepsy diagnosis and causes in a way that even young children will understand.



The stress reduction workbook for teens

<https://libraries.phsa.ca/permalink/catalog111875>

Biegel, Gina M. Oakland, CA: Instant Help Books , 2009. (Book) — 2 copies, [2 available](#)

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: YOUTH EG 220 BIE 2009

“ The Stress Reduction Workbook for Teens is a collection of 37 simple workbook activities that will teach you to reduce your worries using a technique called mindfulness.



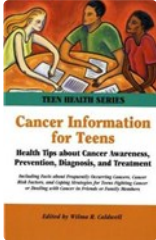
The self-compassion workbook for teens

<https://libraries.phsa.ca/permalink/catalog120833>

Bluth, Karen. Oakland, CA: Instant Help Books , 2017. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre

“ Your teen years are a time of change, growth, and?all too often?psychological struggle. To make matters worse, you are often your own worst critic. The Self-Compassion Workbook for Teens offers valuable tools based in mindfulness and self-compassion to help you overcome self-judgment and self-criti...



Cancer information for teens : health tips about cancer awareness, prevention, diagnosis, and treatment ; including facts about frequently occurring cancers, cancer risk factors, and coping strategies for teens fighting cancer or dealing with cancer in friends or family members

<https://libraries.phsa.ca/permalink/catalog13268>

Detroit, MI: Omnigraphics , 2004. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Surrey Cancer Info Ctr
Call Number: QZ201 C215c 2004

“ The first section provides nine chapters explaining the physiology of cancer and describing the types found most commonly in teens. "Risks, Rumors, and Controversies" presents chapters on avoiding behaviours linked with the disease. Other sections describe medical tests and treatments, provide advi...



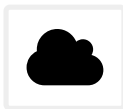
Metro Vancouver family and friend caregivers information and resource handbook 2013/14 : for seniors and boomers who are caring (unpaid) for older family members and friends.

<https://libraries.phsa.ca/permalink/catalog21328>

<http://www.uwlm.ca/resources/caregivers-information-and-resources-handbook/>

Willett, Katherine. Burnaby, BC: United Way of the Lower Mainland , 2013. (Book, Online) — 2 copies, [2 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Cancer Info Ctr
Call Number: WT22 DC2.1 B8 M594 2013



Be yourself: Questions and answers for lesbian, gay, bisexual, transgender, queer, and questioning youth

<https://libraries.phsa.ca/permalink/catalog113800>

https://docs.google.com/file/d/0Bz_Rb69kZTYDbTI2dmhWTFc4MGc/preview

PFLAG National. Washington, DC: , 2014. (Online)

Audience: Patient or Public
Agency: BC Children's and Women's

“ A fresh new update to one of PFLAG's most popular publications! Revised in 2014, this publication offers a supportive and understanding approach to today's most common questions and concerns from youth regarding sexual orientation, gender identity, and gender expression. With youth coming out--and ...

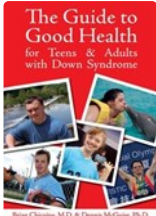


Pregnancy information for teens : health tips about teen pregnancy and teen parenting...

<https://libraries.phsa.ca/permalink/catalog21554>

Magill, Elizabeth;. Detroit, Mich.: Omnigraphics , 2012. 2nd ed. (Book) — 1 copy, [1 available](#)

Audience: Professional
Agency: BC Cancer Agency
Location: Abbotsford Cancer Info Ctr FHA
Call Number: WS460 M34 2012



The guide to good health for teens and adults with Down Syndrome

<https://libraries.phsa.ca/permalink/catalog111692>

Chicoine, Brian, McGuire, Dennis. Bethesda, MD: Woodbine House , 2010. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GI 310 CHI 2010

“ This book covers the complete scope of healthcare and wellness needs for Down syndrome adolescents and adults. Key topics include: ; Characteristics of Down syndrome



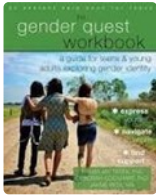
Riding the cancer coaster : survival guide for teens and young adults

<https://libraries.phsa.ca/permalink/catalog119643>

Schilstra, Clarissa. [San Bernadino, CA]: Create Space Independent Publishing Platform , 2015. (Book) — 7 copies, [7 available](#)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Abbotsford Cancer Info Ctr
Kelowna Cancer Info Ctr
Prince George Cancer Info Ctr
Surrey Cancer Info Ctr
Vancouver Cancer Info Ctr
Victoria Cancer Info Ctr
BCCA Psychosocial Oncology Program
Call Number: QZ200 S334 2015

“ A diagnosis of cancer is devastating at any age. For teenagers and young adults, it presents a unique challenge both socially and emotionally ... In the pages of this book, I share those stories and strategies, in an effort to provide a guide through the emotional roller coaster that is cancer tre...



The gender quest workbook : a guide for teens and young adults exploring gender identity

<https://libraries.phsa.ca/permalink/catalog121377>

<http://search.ebscohost.com/login.aspx?direct=true&scope=site&db=nlebk&db=nlabk&AN=1105028>

Testa, Rylan Jay, Coolhart, Deborah, Peta, Jayme,. Oakland, CA: Instant Help Books | New Harbinger Publications, Inc. , 2015. (Ebook)

Audience: Patient or Public

Agency: BC Cancer Agency

Location: Internet

URL Notes: Patients and the public of BC and the Yukon can access this title by calling 1.888.675.8001 x 8001 (toll-free) to obtain a username and password from the Library.
Supplemental guide for clinicians and other resources available at <https://www.newharbinger.com/gender-quest-workbook/accessories>

“ *Table of contents: ; 1. Gender Identity-- Explores definitions of gender and helps you better understand how your sense of gender developed. ; 2. Gender Expression -- Looks at the wide diversity of genders worldwide and helps you think about the different ways you may choose to express your gender. ...*