



A child's story: Going to school with anxiety

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Bains, George Ann, Bains, Paul, Gianoglio, Joe (ill.). Bloomington, IN: AuthorHouse , 2009. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR CD 420 BAI 2009

“ This illustrated book deals with the frightening prospect of going back to school and the inner worries of a little girl coming to terms with her anxiety. The books helps parents explain to their child what they are feeling and presents counselling techniques to help overcome anxious feelings.