



Taming worry dragons: Classroom manual (Group facilitator): A psychoeducational group program for prevention of anxiety

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Clark, Sandra L., Garland, E. Jane, Short, Christina. Vancouver, BC: Children's & Women's Health Centre of British Columbia, 2004. (Book) — 2 copies, [2 available](#)

Audience: Professional
Agency: BC Children's and Women's
Location: Sunny Hill Education Resource Centre
Call Number: CD 420 CLA 2004a

“ Classroom-based 8 session program aimed at anxiety prevention. Children will learn about anxiety and worries using the concept of "Worry Dragons". The focus is on teaching general anxiety management strategies for children. To be used with "The kid's guide to taming worry dragons".