



## A no worry day

<https://libraries.phsa.ca/permalink/catalog120306>

Clary, Katie. Middletown, DE: CreateSpace Independent Publishing Platform , 2017. (Book) — 1 copy, 0 available

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: JUNIOR CD 420 CLA 2017

“ With colourful illustrations and a rhyming narrative, this book is easy to enjoy with your child or share with your classroom. It is a great starting place to discuss the topic of worries with children, and remind them they are never alone with their troubles. By depicting the worries as an object,...



## Plus envie de rien ! : Le trouble anxieux généralisé

<https://libraries.phsa.ca/permalink/catalog114116>

Marleau, Brigitte. Montreal, QC: Boomerang , 2016. (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 MAR 2016

“ Je m'appelle Enzo et j'ai neuf ans. Je ne sais pas ce qui m'arrive. Je n'ai plus envie de rien. Je suis fatigué. Je ne dors pas bien. J'ai des peurs que je n'avais pas avant. J'ai peur du noir. J'ai peur de ne pas être capable de m'endormir. J'ai mal en dedans de moi. J'ai même de la difficulté à r...



## Coping with anxiety: 10 simple ways to relieve anxiety, fear & worry

<https://libraries.phsa.ca/permalink/catalog114765>

Bourne, Edmund, Garano, Lorna. Ohio, USA: Vibrance Press , 2016. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 BOU 2016

These immediate, user-friendly, and effective strategies are designed to help you overcome anxiety. They include step-by-step exercises that you can do in the moment without having to understand the subtleties of the most often used therapies for treating anxiety.



## Taming worry dragons: Therapy group for anxious children - Facilitator's manual

<https://libraries.phsa.ca/permalink/catalog106837>

Clark, Sandra, Garland, E. Jane, Gregowoski, Noel. Vancouver, BC: Children's and Women's Health Centre of BC , 2018. 3rd. (Book) — 3 copies, [1 available](#)

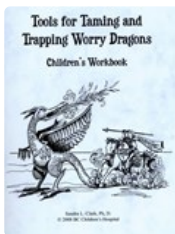
Audience: Professional  
Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: CD 420 CLA 2018b

*Therapist's Manual is for the 10 session children's Taming Worry Dragons CBT-based anxiety management group. The manual includes session-by-session detailed instructions, suggested narratives for introducing group activities, detailed hands-on activities for learning and practicing Worry Dragon*



## Taming worry dragons: Therapy group for anxious children - Children's workbook

<https://libraries.phsa.ca/permalink/catalog111025>

Clark, Sandra, Garland, E. Jane, Gregorowski, Noel. Vancouver, BC: Children's & Women's Health Centre of British Columbia , 2018. 3rd. (Book) — 6 copies, [1 available](#)

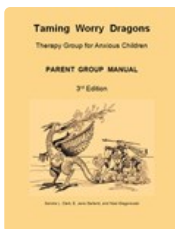
Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: CD 420 CLA 2018c

“ This workbook contains the children's Activity Sheets for learning about Worry Dragons, Tools for taming them, and Detective Work for corresponding sessions in the Facilitator's Manual. A Tool Box template is included for making their own toolbox to keep track of the Worry Dragon Taming Tools they...



## Taming worry dragons: Therapy group for anxious children - Parent group manual

<https://libraries.phsa.ca/permalink/catalog120915>

Clark, Sandra, Garland, E. Jane, Gregorowski, Noel. Vancouver, BC: Children's & Women's Health Centre of British Columbia , 2018. (Book) — 3 copies, 0 available

Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: CD 420 CLA 2018a

*core content for each of the 10 sessions as well as Parent Activities which help parents to explore the impact of anxiety in their families and encourage them to experiment with new strategies. Detailed explanations and worksheets help parents to support children in undertaking systematic exposure*



## The invisible string

<https://libraries.phsa.ca/permalink/catalog121474>

Karst, Patrice. New York, NY: Little, Brown and Company , 2018. (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 KAR 2018

“ A child's picture book that provides a very simple lesson to help overcome the fear of loneliness or separation from parents.



## L'art de lâcher prise: De l'anxiété à la sérénité

<https://libraries.phsa.ca/permalink/catalog114264>

Lacherez, Laurent. Montreal, QC: Dauphin Blanc , 2014. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 LAC 2014 STACKS

“ Lâche prise! Oui, mais comment? Ce conseil facile à prodiguer est cependant loin de suffire pour vous aider à cesser de vous acharner sur une relation, sur un projet qui n'en vaut plus la peine, sur une situation incontrôlable ou encore pour vous aider à concrétiser un impérieux désir. Comment acce...



## Mieux vivre avec la timidité et la phobie sociale: Un guide pour mieux comprendre et surmonter l'anxiété sociale

<https://libraries.phsa.ca/permalink/catalog114480>

Crozier, W. Ray, Alden, Lynn E. Montreal, QC: Les Éditions de l'Homme , 2015. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 CROZ 2015 STACKS



## Guérir l'anxiété de nos enfants: Sans médicament ni thérapie

<https://libraries.phsa.ca/permalink/catalog113931>

Reid, Louise. Montreal, QC: Editions Quebec-Livre , 2014. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 GUE 2014 STACKS

“ Le nombre d'enfants conduits en consultation médicale ou psychologique pour traiter des désordres liés à l'anxiété augmente constamment, alors que leur moyenne d'âge baisse de plus en plus. En effet, on trouve des troubles de panique chez des enfants de sept ou huit ans et des phobies diverses chez...



## Luttez contre le stress et l'anxiété

<https://libraries.phsa.ca/permalink/catalog114329>

Badey-Rodriguez, Claudine, Costa-Prades, Bernadette. Paris, France: Albin Michel , 2014. (Kit) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 BAD 2014

“ Par son approche pratique et théorique, ce cahier d'activités nous aide à agir contre le stress et à le maîtriser, à évacuer les tensions et à tirer profit de toute notre énergie pour nous sentir au meilleur de notre forme. Grâce à ses exercices simples, à pratiquer jour après jour, cette véritable...



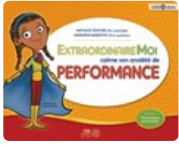
## L'anxiété: un déclencheur unique

<https://libraries.phsa.ca/permalink/catalog114272>

Reid, Louise. Montreal, QC: Les Éditions Québec-Livres , 2014. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 LAN 2014

“ Après 20 ans de recherche et d'expérimentation, Louise Reid découvre le déclencheur unique de toute anxiété. À partir d'une combinaison alliant une expérience personnelle de troubles anxieux, des études universitaires en psychologie, une longue recherche accompagnée d'expérimentations et la certitu...



## Extraordinaire moi calme son anxiété de performance

<https://libraries.phsa.ca/permalink/catalog114122>

Couture, Nathalie, Marcotte, Genevieve. Quebec, QC: Midi Trente , 2014. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 COU 2014 STACKS

“ La plupart des enfants vivent un stress avant un examen, une compétition ou un événement important, c'est tout à fait normal ! Cependant, certains enfants accordent parfois trop d'importance à la réussite et appréhendent tellement la peur de l'échec que ces situations leur causent un niveau de stre...



## Anxiété et crises de panique

<https://libraries.phsa.ca/permalink/catalog114163>

McKenzie, Kwame. Montreal, QC: Modus Vivendi , 2014. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 MCK 2014 STACKS

“ Les symptômes de l'anxiété et de la peur résultent de mécanismes de défense naturels contre les menaces. Si toutefois vous éprouvez une anxiété ou une peur intense, persistante et démesurée par rapport à la menace, et qu'elle perturbe votre vie quotidienne, vous souffrez d'un trouble anxieux. Cet o...



## The anxiety & phobia workbook

<https://libraries.phsa.ca/permalink/catalog121254>

Bourne, Edmund J. Oakland, CA: New Harbinger Publications, Inc. , 2015. 6th ed. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 BOU 2015

Now in its sixth edition and recommended by therapists worldwide, *The Anxiety and Phobia Workbook* has been the unparalleled, essential resource for people struggling with anxiety and phobias for almost thirty years. Living with anxiety, panic disorders, or phobias can make you feel like you aren't



## Mieux vivre avec un enfant anxieux ou déprimé

<https://libraries.phsa.ca/permalink/catalog114481>

Cartwright-Hatton, Samantha. Montreal, QC: Les Éditions de l'Homme, 2015. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 302 CAR 2015

“*Votre enfant semble-t-il souvent malheureux ou inquiet? Éprouve-t-il des difficultés à dormir ou à se concentrer? Souffre-t-il d'une phobie ou encore d'une angoisse à l'idée d'attirer l'attention? Si vous reconnaissez l'un ou l'autre de ces symptômes chez lui, il souffre peut-être d'une dépression...*”



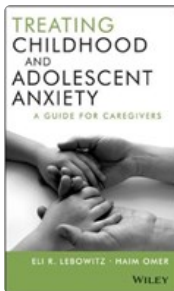
## Releasing fear: Say goodbye to anxiety

<https://libraries.phsa.ca/permalink/catalog114736>

Highstein, Max (author & narrator). Santa Fe, NM: Desert Heart Recordings | Playaway, 2014. (Audio, Pre-loaded Media) — 1 copy, [1 available](#)

Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: PLAY CD 420 HIG 2014

“*Whenever fear takes center stage, it impairs our ability to respond effectively to life, we tend to make poor decisions, and at the very least were unable to enjoy ourselves. At worst, we can become temporarily paralyzed. This program offers a way to reduce the amount of fear you carry, and approac...*”



## Treating childhood and adolescent anxiety: A guide for caregivers

<https://libraries.phsa.ca/permalink/catalog112938>

Lebowitz, Eli R., Omer, Haim. Hoboken, NJ: John Wiley and Sons, Inc., 2013. (Book) — 4 copies, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 LEB 2013

*Focusing on the treatment of childhood anxiety, both in one-on-one therapist to child treatment and within the family, Treating Childhood and Adolescent Anxiety: A Guide for Caregivers adopts an integrated approach presenting novel strategies to help mental health professionals and families create*



## Making sense of anxiety in children and youth

<https://libraries.phsa.ca/permalink/catalog112247>

Neufeld, Gordon. Vancouver, BC: Neufeld Institute , 2012. (Video) — 4 copies, [2 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 NEU 2012

*This four hour course offers practical strategies that can be applied to anxiety disorders in a variety of settings.*



## Project: Kids, let's talk

<https://libraries.phsa.ca/permalink/catalog112240>

Grass, Gayle, Grass, Jessica, Ross, Graham (illustrator). Perth, ON: Dollco Printing , 2012. (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 GRA 2012

“ This book is a special edition Iris the Dragon book for military families. In this edition, Iris and her Riverbank friends meet a young boy named Luc who is dealing with some of the more challenging conditions that come with living in a Canadian military family.



## When my worries get too big! A relaxation book for children who live with anxiety

<https://libraries.phsa.ca/permalink/catalog121307>

Buron, Kari Dunn. Shawnee Mission, KA: AAPC Publishing , 2013. 2nd ed. (Book)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: JUNIOR CD 420 BUR 2013

*Presents ways for young children with anxiety to recognize when they are losing control and constructive ways to deal with it.*



## Coping with anxiety during pregnancy and following the birth: A cognitive behavior therapy-based self-management guide for women and health care providers

<https://libraries.phsa.ca/permalink/catalog112594>

[http://www.cw.bc.ca/library/pdf/BCRMH\\_AnxietyGuide\\_final.pdf](http://www.cw.bc.ca/library/pdf/BCRMH_AnxietyGuide_final.pdf)

Haring, Michelle, Smith, Jules E., Bodnar, Doris, Misri, Shaila, Little, Ruth M., Ryan, Deirdre. [Vancouver, BC]: BC Reproductive Mental Health Program , 2013. (Book) — 2 copies, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: GH 400 HAR 2013

*This guide was created to help women who are dealing with anxiety during pregnancy and following the birth of their baby. It includes educational information that may be worked through gradually, and will help you to better manage symptoms by making changes in your thinking, behavior and self-care*



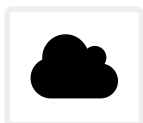
## Alex: Surmonter l'anxiété à l'adolescence

<https://libraries.phsa.ca/permalink/catalog114283>

Parent, Nathalie. Quebec, QC: Midi Trente Editions , 2014. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: YOUTH CD 420 PAR 2014 STACKS

“ Je m'appelle Alex et je suis enfin bien dans ma peau! En fait, je viens de sortir d'une période difficile de ma vie. J'étais tellement mal, c'est fou. Je me sentais un peu comme si je ne voyais pas la lumière au bout du tunnel, tu connais cette expression? J'ai surmonté ce que les spécialistes appe...



## AnxietyBC

<https://libraries.phsa.ca/permalink/catalog112527>

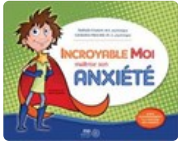
<http://www.anxietybc.com/>

The Anxiety Disorder Association of British Columbia. Vancouver, BC: The Anxiety Disorder Association of British Columbia , 2012. (Online)

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

*The purpose of this website is to inform you of the features of the various ways excess anxiety can express itself and also to provide you with effective strategies to begin to address your anxiety. Includes activity forms and printable worksheets. | Topics include: | Complete Home Tool Kit | Introducing*





## Incroyable moi maîtrise son anxiété

<https://libraries.phsa.ca/permalink/catalog114120>

Couture, Nathalie, Marcotte, Genevieve. Quebec, QC: Midi Trente , 2011. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 COU 2011

“ De toutes les pathologies développementales rencontrées chez les enfants, les troubles anxieux sont parmi les plus fréquents. Cependant, les parents et les divers intervenants amenés à interagir avec les enfants anxieux n'ont pas toujours les outils nécessaires pour bien leur expliquer comment faire...



## Anxieux mais heureux: guide humoristique à l'intention des personnes anxieuses et de leurs proches

<https://libraries.phsa.ca/permalink/catalog114330>

Roussy, Maxime. Quebec, QC: Midi Trente , 2011. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 ROU 2011

“ Guide humoristique à l'intention des personnes anxieuses et de leurs proches. À travers un témoignage touchant et intelligent, Maxime Roussy nous sensibilise à la réalité des personnes souffrant d'un trouble anxieux.



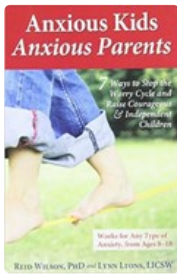
## Generation stressed : Play-based tools to help your child overcome anxiety

<https://libraries.phsa.ca/permalink/catalog113497>

Kambolis, Michele. Vancouver, BC: LifeTree Media , 2014. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CB 100 KAM 2014

*Anxiety is rampant in society in general and among children in particular. Written by Registered Clinical Counselor and national parenting columnist Michele Kambolis, Generation Stressed explains the causes and effects of anxiety in children and equips concerned parents with an array of highly*



## Anxious kids, anxious parents

<https://libraries.phsa.ca/permalink/catalog113527>

Wilson, Reid, Lyons, Lynn. Deerfield Beach, FL: Health Communications , 2013. (Book) — 2 copies, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 WIL 2013

“ *Anxious Kids, Anxious Parents* offers a contrarian yet effective approach to help children and teens push through their fears, worries, and phobias to ultimately become more resilient, independent, and happy.



## L'enfant anxieux: Comprendre la peur de la peur et redonner courage [The anxious child: Understanding fear and courage]

<https://libraries.phsa.ca/permalink/catalog113306>

Dumas, Jean. Brussels: Éditions de Boeck Université , 2012. 3rd ed. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 DUM 2012 STACKS

*La première partie de ce livre décrit les différents troubles anxieux, leurs origines et leur évolution. La seconde partie offre des moyens pratiques pour surmonter cette peur.*—|The first part of this book explains different anxiety disorders, where they come from and how they evolve. The second



## Best practice guidelines for mental health disorders in the perinatal period

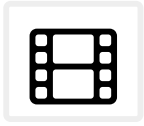
<https://libraries.phsa.ca/permalink/catalog112945>

<http://www.perinatalservicesbc.ca/Documents/Guidelines-Standards/Maternal/MentalHealthDisordersGuideline.pdf>

BC Reproductive Mental Health Program, Perinatal Services BC. Vancouver, BC: BC Reproductive Mental Health , 2014. (Book) — 1 copy, [1 available](#)

Audience: Professional  
Agency: BC Children's and Women's  
Location: Study & Learning Commons  
Call Number: REF GH 200 BCR 2014

, anxiety disorders, bipolar disorder, and psychotic disorders, including postpartum psychosis; and]• education and prevention, screening and diagnosis, treatment, and recommendations for each disorder.



## Panic disorder: An effective self-help guide

<https://libraries.phsa.ca/permalink/catalog111635>

<http://www.anxietybc.com/panic-disorder-dvd-trailer>

Prowse, Cliff (Director), Buhr, Kristin(Writer). New Westminster, BC: Anxiety BC , 2010. (Video) — 1 copy, [1 available](#)

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: CD 420 PRO 2010

URL Notes: Click on the link above to view the movie trailer

“ This video teaches you how to understand and master panic attacks using evidence-based cognitive-behavioral strategies that have been proven to work. This program includes: Expert interviews with a clinical psychologist and psychiatrist; Interviews with individuals who have overcome panic disorder;...



## Anxiety and worry workbook: The cognitive behavioral solution

<https://libraries.phsa.ca/permalink/catalog114065>

Clark, David, Beck, Aaron. New York, NY: Guilford Press , 2012. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: CD 420 CLA 2012

*If you're seeking lasting relief from out-of-control anxiety, this is the book for you. It is grounded in cognitive behavior therapy, the proven treatment approach developed and tested over more than 25 years by pioneering clinician-researcher Aaron T. Beck. Now Dr. Beck and fellow cognitive*



## Scaredy squirrel at night

<https://libraries.phsa.ca/permalink/catalog120262>

Watt, Melanie. Toronto, ON: Kids Can Press Ltd. , 2012. (Book) — 1 copy, 0 available

Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: JUNIOR CA 230 WAT 2012

“ Scaredy never sleeps -- sleep might mean bad dreams about dragons, ghosts, vampire bats and polka-dot monsters. Our wide-eyed hero has a plan: stay awake all night, every night. Between counting stars, playing cymbals and making scrapbooks, he does a good job of avoiding dreamland. With exhaustion ...



## Tips for caregivers: How to help your child cope during a medical procedure

<https://libraries.phsa.ca/permalink/catalog112332>

[http://www.cw.bc.ca/library/pdf/pamphlets/BCCH1635\\_TipsforCaregivers\\_2012.pdf](http://www.cw.bc.ca/library/pdf/pamphlets/BCCH1635_TipsforCaregivers_2012.pdf)

Departments of Psychology, Child Life and Pathology. Vancouver, BC: BC Children's Hospital , 2012. (Pamphlet)

Audience: Patient or Public

Agency: BC Children's and Women's

Call Number: BCCH1635

URL Notes: Click on the link above to view/print.

“ *This pamphlet provides information on how caregivers can affect how their children cope during a medical procedure. It includes suggested activities and behaviours for parents to demonstrate that will be helpful for their child's coping.*



## Tips for caregivers: How to help your child cope during a medical procedure [Vietnamese]

<https://libraries.phsa.ca/permalink/catalog112489>

[http://www.cw.bc.ca/library/pdf/pamphlets/BCCH1635V\\_TipsforCaregiversHowtoHelpYourChildCope\\_2012.pdf](http://www.cw.bc.ca/library/pdf/pamphlets/BCCH1635V_TipsforCaregiversHowtoHelpYourChildCope_2012.pdf)

Departments of Psychology, Child Life and Pathology. Vancouver, BC: BC Children's Hospital , 2012. (Pamphlet)

Audience: Patient or Public

Agency: BC Children's and Women's

Call Number: BCCH1635V

URL Notes: Click on the link above to view/print.

“ *Written in Vietnamese, this pamphlet provides information on how caregivers can affect how their children cope during a medical procedure. It includes suggested activities and behaviours for parents to demonstrate that will be helpful for their child's coping.*



## Tips for caregivers: How to help your child cope during a medical procedure [Chinese Simplified]

<https://libraries.phsa.ca/permalink/catalog112490>

[http://www.cw.bc.ca/library/pdf/pamphlets/BCCH1635ChS\\_TipsforCaregiversHowtoHelpYourChildCope\\_2012\\_Sep.pdf](http://www.cw.bc.ca/library/pdf/pamphlets/BCCH1635ChS_TipsforCaregiversHowtoHelpYourChildCope_2012_Sep.pdf)

Departments of Psychology, Child Life and Pathology. Vancouver, BC: BC Children's Hospital , 2012. (Pamphlet)

Audience: Patient or Public

Agency: BC Children's and Women's

Call Number: BCCH1635ChS

URL Notes: Click on the link above to view/print.

“ *Written in Simplified Chinese, this pamphlet provides information on how caregivers can affect how their children cope during a medical procedure. It includes suggested activities and behaviours for parents to demonstrate that will be helpful for their child's coping.*



## Tips for caregivers: How to help your child cope during a medical procedure [Traditional Chinese]

<https://libraries.phsa.ca/permalink/catalog112491>

[http://www.cw.bc.ca/library/pdf/pamphlets/BCCH1635TCh\\_TipsforCaregiversHowtoHelpYourChildCope\\_2012.pdf](http://www.cw.bc.ca/library/pdf/pamphlets/BCCH1635TCh_TipsforCaregiversHowtoHelpYourChildCope_2012.pdf)

Departments of Psychology, Child Life and Pathology. Vancouver, BC: BC Children's Hospital , 2012. (Pamphlet)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Call Number: BCCH1635TCh  
URL Notes: Click on the link above to view/print.

“ Written in Traditional Chinese, this pamphlet provides information on how caregivers can affect how their children cope during a medical procedure. It includes suggested activities and behaviours for parents to demonstrate that will be helpful for their child's coping.



## Tips for caregivers: How to help your child cope during a medical procedure [Punjabi]

<https://libraries.phsa.ca/permalink/catalog112492>

[http://www.cw.bc.ca/library/pdf/pamphlets/BCCH1635P\\_TipsforCaregiversHowtoHelpYourChildCope\\_2012.pdf](http://www.cw.bc.ca/library/pdf/pamphlets/BCCH1635P_TipsforCaregiversHowtoHelpYourChildCope_2012.pdf)

Departments of Psychology, Child Life and Pathology. Vancouver, BC: BC Children's Hospital , 2012. (Pamphlet)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Call Number: BCCH1635P  
URL Notes: Click on the link above to view/print.

“ Written in Punjabi, this pamphlet provides information on how caregivers can affect how their children cope during a medical procedure. It includes suggested activities and behaviours for parents to demonstrate that will be helpful for their child's coping.



## Managing anxiety in people with autism

<https://libraries.phsa.ca/permalink/catalog113530>

Chalfant, Anne. Bethesda, MD: Woodbine House , 2011. (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 CHA 2011

*Anxiety is one of the biggest challenges facing people with autism spectrum disorders (ASD) and their families. They can experience anxiety in all areas of their lives - school, family, and social life - and it compounds the difficulties they already may have with communicating, interacting*



## Mindfulness-based stress reduction

<https://libraries.phsa.ca/permalink/catalog112529>

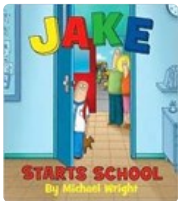
Greenshields, David. Kelowna, BC: BC Cancer Agency. Cancer Centre for the Southern Interior. Patient and Family Counselling Services , 2013. (CD, Audio) — 1 copy, [1 available](#)

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: EG 220 MIN 2013

*support people with a wide variety of health and life challenges. With regular practice, mindfulness has been shown to reduce the effects of stress and anxiety, as well as significantly enhancing the quality of our lives by being more present for it.*



## Jake starts school

<https://libraries.phsa.ca/permalink/catalog120435>

Wright, Michael. New York, NY: Fish Square , 2008. (Book) — 1 copy, [1 available](#)

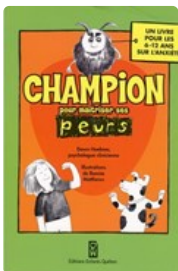
Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: JUNIOR CD 420 WRI 2008

“ It's Jake's first day of school. He doesn't want his mom and dad to leave him there, alone. So, Jake and his parents have to spend the first day of school together. Finger painting. Sharing snacks. Playing on the seesaw. Will Jake ever be able to stay at school on his own? ; The answer will delight...



## Champion pour maîtriser ses peurs: Un livre sur l'anxiété pour les 6-12 ans

<https://libraries.phsa.ca/permalink/catalog114591>

Huebner, Dawn, Matthews, Bonnie (Illustrator). Saint-Lambert, QC: Editions Enfants Quebec , 2009. (Book) — 1 copy, [1 available](#)

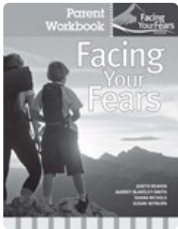
Audience: Patient or Public

Agency: BC Children's and Women's

Location: Family Support & Resource Centre

Call Number: JUNIOR CD 420 HUE 2009

“ Les enfants anxieux sont en quelque sorte les otages de leurs peurs. Ils font tout ce qu'ils peuvent pour éviter les situations redoutées et posent sans cesse les mêmes questions angoissées. Pourtant, les réponses qu'on leur donne ne leur apportent pour ainsi dire aucun réconfort.



## Facing your fears: parent workbook

<https://libraries.phsa.ca/permalink/catalog111868>

Reaven, Judy, Blakeley-Smith, Audrey, Nichols, Shana, Hepburn, Susan. Baltimore, MD: Paul H. Brookes Publishing Co. , 2011. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 REA 2011b

*This workbook is part of Facing Your Fears, a family-focused group therapy program that helps children with high-functioning autism and Asperger syndrome conquer their anxiety - and participate more fully in home, school, and community life.*



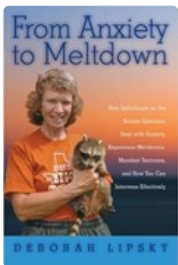
## Facing your fears: child workbook

<https://libraries.phsa.ca/permalink/catalog111869>

Reaven, Judy, Blakeley-Smith, Audrey, Nichols, Shana, Hepburn, Susan. Baltimore, MD: Paul H. Brookes Publishing Co. , 2011. (Book) — 2 copies, [2 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 REA 2011a

*This workbook is part of Facing Your Fears, a family-focused group therapy program that helps children with high-functioning autism and Asperger syndrome conquer their anxiety - and participate more fully in home, school, and community life.*



## From anxiety to meltdown

<https://libraries.phsa.ca/permalink/catalog113211>

Lipsky, Deborah. London, UK: Jessica Kingsley Publishers , 2011. (Book) — 1 copy, 0 available

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: FM 272 LIP 2011

*Anxiety is the root cause of many of the difficulties experienced by people on the autism spectrum, and is often caused by things such as a change in routine, or sensory overload. Deborah Lipsky takes a practical look at what happens when things spiral out of control, exploring what leads to*



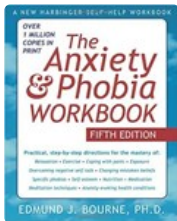
## The relaxation & stress reduction workbook for kids: Help for children to cope with stress, anxiety & transitions

<https://libraries.phsa.ca/permalink/catalog120382>

Shapiro, Lawrence E., Sprague, Robin K. Oakland, CA: Instant Help Books , 2009. (Book) — 2 copies, [2 available](#)

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

“ Children pay close attention to their parents' moods. When parents feel upset, their kids may become anxious, and when parents wind down, children also get the chance to relax. When you feel overwhelmed and stressed, it can be hard to help your child feel balanced. *The Relaxation & Stress Reduction...*



## The anxiety & phobia workbook

<https://libraries.phsa.ca/permalink/catalog111932>

Bourne, Edmund J. Oakland, CA: New Harbinger Publications, Inc. , 2010. 5th ed. (Book) — 1 copy, 0 available

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: CD 420 BOU 2010

*This workbook is aimed at readers with generalized anxiety disorder, social anxiety, specific phobias, panic attacks, obsessive-compulsive disorder (OCD), and other anxiety-related issues.|Table of Contents:|Chapter 1 Anxiety disorders|Chapter 2 Major causes of anxiety disorders|Chapter 3 Recovery*



## Scare me. Beware me!: Make your monsters work for you!

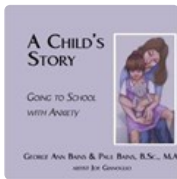
<https://libraries.phsa.ca/permalink/catalog113223>

De Serranno, Daniel. Hope, BC: Sparkwalker Entertainment, Inc. , 2010. (Book) — 2 copies, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Sunny Hill Education Resource Centre  
Family Support & Resource Centre  
Call Number: JUNIOR CA 230 DES 2010

“ This book is a humorous story set to rhyme with fun images and a monster gallery. A book designed to help eliminate the fear of monsters and open a discussion to discover what the true cause of those Monsters (fears) might be.





## A child's story: Going to school with anxiety

<https://libraries.phsa.ca/permalink/catalog111203>

Bains, George Ann, Bains, Paul, Gianoglio, Joe (ill.). Bloomington, IN: AuthorHouse , 2009. (Book) — 2 copies, [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.*



## Separation anxiety: A parent's guide to helping your child

<https://libraries.phsa.ca/permalink/catalog111282>

New Westminster, B.C.: Anxiety BC , 2009. (Video)

Agency: BC Children's and Women's  
Location: Sunny Hill Education Resource Centre  
Call Number: CD 420 SEP 2009

*This DVD shows parents and caregivers how to recognize and manage separation anxiety using evidence-based cognitive-behavioural principles. | This DVD includes: | Expert interview with a clinical psychologist | Parent interviews about what SAD looks like at home and how to help | Teacher interview on how*