



## 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*



## Sitting still like a frog : mindfulness exercises for kids (and their parents)

<https://libraries.phsa.ca/permalink/catalog120653>

Snel, Eline, Kabat-Zinn, Jon, Kabat-Zinn, Myla. Boulder, CO: Shambhala Publications, Inc. , 2013. (Book, Audio, CD) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Victoria Cancer Info Ctr  
Call Number: WS350.2 S671 2013



## Handful of quiet : happiness in four pebbles

<https://libraries.phsa.ca/permalink/catalog120654>

Nhat Hanh, Thich. Berkeley, CA: Plum Blossom Books , 2013. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Cancer Agency  
Location: Victoria Cancer Info Ctr  
Call Number: WS350.2 N576 2012



## Self-care program for women with postpartum depression and anxiety: Patient guide

<https://libraries.phsa.ca/permalink/catalog108690>

[http://www.cw.bc.ca/library/pdf/BCRH\\_selfcare\\_BW\\_05\\_v4.pdf](http://www.cw.bc.ca/library/pdf/BCRH_selfcare_BW_05_v4.pdf)

Bodnar, Doris, Ryan, Deirdre, Smith, Jules, E. Vancouver, BC: Children's & Women's Health Centre of BC , 2004. (Book) — 1 copy, [1 available](#)

Audience: Patient or Public  
Agency: BC Children's and Women's  
Location: Family Support & Resource Centre  
Call Number: GH 410 BOD 2004  
URL Notes: 1 MB PDF file

“ This patient guide was created to meet the needs of both women with postpartum depression and the health care providers who treat these women and their families. It is divided into two main sections: 1)Information: to educate about the causes, presentation and different treatments of postpartum dep...