



## Mighty Moe: An anxiety workbook for children

<https://libraries.phsa.ca/permalink/catalog111402>

<http://www.cw.bc.ca/library/pdf/MightyMoe.pdf>

Woloshyn, Lacey, Chamberlain, Andrea (ill.). Vancouver, BC: Lacey Woloshyn , 2009. (Book, Online)

Audience: Patient or Public

Agency: BC Children's and Women's

URL Notes: Click on the above link to view

“ This eBook is an anxiety workbook for children age 5-11. Best Practice Guidelines for managing anxiety in this workbook have been adapted to be fun, engaging, and child friendly.