50 more ways to soothe yourself without food
https://libraries.phsa.ca/permalink/catalog122366
Audience: Patient or Public
Agency: BC Children’s and Women’s
Location: Family Support & Resource Centre
Call Number: EG 220 ALB 2015

“If you’re an emotional overeater, you may turn to food to cope with stress and sadness, enhance joy, and bring a sense of comfort. But, over time, overeating can cause weight gain, heart disease, diabetes, and many other health problems. In 50 More Ways to Soothe Yourself Without Food, you’ll find

50 ways to soothe yourself without food
https://libraries.phsa.ca/permalink/catalog122201
Audience: Patient or Public
Agency: BC Children’s and Women’s
Location: Family Support & Resource Centre
Call Number: EG 220 ALB 2009

Food has the power to temporarily alleviate stress and sadness, enhance joy, and bring us comfort when we need it most. It’s no wonder experts estimate that 75 percent of overeating is triggered by our emotions, not physical hunger. The good news is you can instead soothe yourself through dozens of

Les 5 blessures qui empêchent d’être soi-même
https://libraries.phsa.ca/permalink/catalog122047
Audience: Patient or Public
Agency: BC Children’s and Women’s
Location: Family Support & Resource Centre
Call Number: CA 200 BOU 2000

“Le rejet, l’abandon, l’humiliation, la trahison et l’injustice: cinq blessures fondamentales à l’origine de nos maux, qu’ils soient physiques, émotionnels ou mentaux. Lise Bourbeau, grâce à une description très détaillée de ces blessures, nous mène vers la voie de la guérison. Car de la compréhensi…
Aggression in young children
https://libraries.phsa.ca/permalink/catalog111595
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CA 250 GER 2010

Is hitting, biting and bullying normal behaviour in young children? When does such behaviour start? What can you do to make sure it doesn't continue? Or will it stop on its own? Why are some children more aggressive than others? When should you start to worry? ; This interactive 2-disc DVD set uses…

An emotionally focused workbook for couples : the two of us
https://libraries.phsa.ca/permalink/catalog120505
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Surrey Cancer Info Ctr
Call Number: WM430.5.M3 K14 2015

Anger management: A 10-week small-group counselling program for students in Grades 3-6
https://libraries.phsa.ca/permalink/catalog106119
Crouch, Roxie J. Warminster, PA: Mar*Co Products, Inc., 2000. (Kit) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: STACKS CA 250 CRO 2000

Teaches children about what anger is and how to manage it effectively. Covers the 3 key areas in managing anger - empathy, impulsivity and locus of control as well as communication techniques and relaxation skills.
Antidepressant skills at work: dealing with mood problems in the workplace

Bilsker, Dan, Gilbert, Merv, Samra, Joti. Vancouver, BC: BC Mental Health & Addiction Services (BCMHAS), 2007. (Book, Online) — 6 copies, 6 available

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Surrey Library
Victoria Library
Kelowna Library
Abbotsford Library
Internet
Call Number: WM171 B599a 2007

Antidepressant skills workbook (ASW)

Bilsker, Dan, Paterson, Randy. Vancouver, BC: Simon Fraser University | BC Mental Health & Addiction Services (BCMHAS), 2005. 2nd ed. (Book, Online)

Audience: Patient or Public
Agency: BC Cancer Agency
Location: Internet

Anxiety and worry workbook: The cognitive behavioral solution


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 therap…
Artsy boys and smelly girls
https://libraries.phsa.ca/permalink/catalog122059
http://elisegravel.com/livres/pdf/
Gravel, Elise. Montréal, QC: La courte échelle , 2018. (Online)
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre

"Downloadable eBooks for children challenge gender stereotypes.

Asperger Syndrome and difficult moments: Practical solutions for tantrums, rage, and meltdowns
https://libraries.phsa.ca/permalink/catalog106451
Myles, Brenda Smith, Southwick, Jack. Shawnee Mission, KA: Autism Asperger Publisher Co. , 1999. (Book) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: FM 272 MYL 1999

"Written for professionals and parents alike, this book offers practical solutions to the day-to-day challenges facing individuals with Asperger Syndrome and their families. With a major emphasis on tantrums and other behavioral outbursts, the book offers strategies that promote social skills develop…

As-tu peur, Jacob?
https://libraries.phsa.ca/permalink/catalog114084
Daniel, Claire, Poole, Helen. Quebec, QC: Editions Passe-Temps , 2014. (Book) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR GK 720 AST 2014

"La mère de Jacob va avoir un bébé alors il passe la nuit à la maison de son meilleur ami pour la première fois. Jacob a peur lorsqu'il est loin de sa maison, mais il apprend à ne pas l'être.
Attachment
https://libraries.phsa.ca/permalink/catalog104391

Vancouver, BC: Special Adoptive Parents Association , 2000. (Book) — 1 copy, 1 available

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GK 635 SPE 2000


Attention, enfant sous tension! Le stress chez l'enfant
https://libraries.phsa.ca/permalink/catalog113292


Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GK 720 DUC 2011 STACKS

“La stress fait partie intégrante de notre société et peut devenir un mal intense et envahissant capable de freiner l'action ou de paralyser la personne qui le subit. Ce livre donne d'efficaces stratégies pour aider le jeune et sa famille à mieux composer avec le stress.

The attitude bag
https://libraries.phsa.ca/permalink/catalog105990

Bureau For At-Risk Youth. [Plainview, NY]: Bureau For At-Risk Youth , 1996. (Game) — 1 copy, 1 available

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: STACKS GK 800 ATT 1996

“This game includes 25 two-sided cards which playfully illustrate positive and negative attitudes and are intended to reinforce positive attitudes, behaviours and feelings in children.
**Au coeur des émotions de l'enfant**

https://libraries.phsa.ca/permalink/catalog122042

Fillizat, Isabelle. Marabout, DL: , 2013. (Book)

**Audience:** Patient or Public

**Agency:** BC Children's and Women's

**Location:** Family Support & Resource Centre

**Call Number:** GK 720 FIL 1999

"Un livre-ressource pour aller vers davantage d'harmonie familiale. Les parents sont souvent démunis devant l'intensité des émotions de leur enfant. Ils cherchent volontiers à les calmer, à faire taire les cris, les pleurs, l'expression de l'émoi. Or l'émotion a un sens, une intention. Elle est guér…"

**Bad seed, The**

https://libraries.phsa.ca/permalink/catalog122251


**Audience:** Patient or Public

**Agency:** BC Children's and Women's

**Location:** Family Support & Resource Centre

**Call Number:** JUNIOR GK 720 JOH 2017

"This is a book about a bad seed. A baaaaaaaaaad seed. How bad? Do you really want to know? ; He has a bad temper, bad manners, and a bad attitude. He?s been bad since he can remember! This seed cuts in line every time, stares at everybody and never listens. But what happens when one mischievous lit…"

**Behavioural and emotional difficulties**

https://libraries.phsa.ca/permalink/catalog109079

Mortimer, Hannah, Gray, Sally(Editor), Kronheimer, Ann(Illustrator). Glasgow, UK: Scholastic Ltd , 2002. (Book) — 1 copy, 1 available

**Audience:** Patient or Public

**Agency:** BC Children's and Women's

**Location:** Family Support & Resource Centre

**Call Number:** GK 850 MOR 2002

"This book focuses on: helping children with behavioural and emotional difficulties, communication, language and literacy, mathematical development, physical and creative development. It includes activities with clear learning objectives and explains what special help might be required. A time
Bereaved children and teens: A support guide for parents and professionals
https://libraries.phsa.ca/permalink/catalog102989
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GV 200 GRO 1995

This is a comprehensive resource for parents, teachers, counselors, health-care professionals, clergy and others concerned about the children in their lives. Suggests ways of explaining death to children and teens from a number of perspectives eg. philosophical, cultural and religious.

Big D : explaining death and dying to young children
https://libraries.phsa.ca/permalink/catalog119941
Kelly, Kate M. Burnstown, ON, 2016. (Book) — 7 copies, 7 available
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Abbotsford Cancer Info Ctr
Kelowna Cancer Info Ctr
Prince George Cancer Info Ctr
Surrey Cancer Info Ctr
Vancouver Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: BF575 C5 K29 2016

What is death? Where do we go when we die? What happens to our bodies? These are some the many questions children may have when a loved one dies. The Big D helps parents talk about death and offers answers to help families through this difficult time. - Cover

Blammo-surprise! book: A story to help children overcome fears
https://libraries.phsa.ca/permalink/catalog102745
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR CA 230 LAN 1988

All children experience fears, and all caring parents are anxious to help their children overcome their fright and feel better. This book gives grown-ups a way to help their children, and children a way to help themselves.
Body myth: Adult women and the pressure to be perfect
https://libraries.phsa.ca/permalink/catalog110662
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 500 MAI 2005

“This guide intends to help women and their loved ones understand eating disorders and the obsession with perfection, exploring the challenge of identifying the problem, the different eating disorder triggers adult women experience, and the various treatments available.

Book of awesome : snow days, bakery air, finding money in your pocket, and other simple, brilliant things
https://libraries.phsa.ca/permalink/catalog113439
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Victoria Cancer Info Ctr
Call Number: BF575 H27 P284 2010

Book of (even more) awesome
https://libraries.phsa.ca/permalink/catalog120742
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Victoria Cancer Info Ctr
Call Number: BF575 H27 P284 2011

Book of qualities
https://libraries.phsa.ca/permalink/catalog9725
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Victoria Cancer Info Ctr
Call Number: WM460.5 E3 G325 1988
Boys' and girls' book of dealing with feelings
https://libraries.phsa.ca/permalink/catalog105856
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR CA 200 DLU 1993

This book was written for children of all ages to teach four basic steps for dealing with feelings. The readers will learn ways to cope with their feelings by accepting them, pausing to relax, thinking about ways to help themselves, and then acting constructively.

Boys get anorexia too: Coping with male eating disorders in the family
https://libraries.phsa.ca/permalink/catalog110539
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: BB 520 LAN 2006

A case study of a twelve-year-old boy who developed anorexia nervosa. Contains information intended to be helpful for parents, teachers and sports coaching staff.

Boys of few words: Raising our sons to communicate and connect
https://libraries.phsa.ca/permalink/catalog110705
Cox, Adam J. New York, NY: Guilford Press, 2006. (Book) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GK 600 COX 2006

A clinical psychologist looks at the connection between communication skills and boys' social and emotional development. He gives suggestions for dealing with concerns about a child's communication abilities both at home and school. Also discussed are the challenges posed by shyness, anger
Building moral intelligence: The seven essential virtues that teach kids to do the right thing

https://libraries.phsa.ca/permalink/catalog107158


Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GK 600 BOR 2001

“Provides a step by step blueprint for enhancing a child's moral capacity based on the ethical principles of the seven essential virtues: empathy, conscience, self-control, respect, kindness, tolerance, and fairness.”

Building your child’s self-esteem: 9 secrets every parent needs to know

https://libraries.phsa.ca/permalink/catalog112955

Brooks, Yvonne. Bloomington, IN: iUniverse, 2012. (Book) — 1 copy, 1 available

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CF 200 BRO 2012

“Practical and hands-on, with clear and concise instructions, Building Your Child’s Self-Esteem shows parents how to identify healthy and low self-esteem behaviors in their children. Parents will also learn how to overcome and correct unproductive habits that limit their child’s performance. ; From …

Calm, alert, and learning: Classroom strategies for self-regulation

https://libraries.phsa.ca/permalink/catalog112849

Shanker, Stuart. Don Mills, ON: Pearson Canada Inc., 2013. (Book) — 1 copy, 1 available

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GK 601 SHA 2013

“One of the major keys to student success is self-regulation - the ability to monitor and modify emotions, to focus or shift attention, to control impulses, to tolerate frustrations or delay gratification. And Dr. Stuart Shanker believes a child's ability to self-regulate can be improved. This book
CBT for appearance anxiety: psychosocial interventions for anxiety due to visible difference

Clarke, Alex, Thompson, Andrew, Jenkinson, Elizabeth. Chichester, West Sussex: John Wiley & Sons, Ltd., 2014. (Book) — 1 copy, 1 available

Audience: Professional
Agency: BC Cancer Agency
Location: Victoria Library
Call Number: WM172 C597 2014

Celebrating the circle of life: Coming back to balance and harmony

The BC Reproductive Mental Health Program in collaboration with Perinatal Services BC. B.C.: BC Mental Health and Addictions Service & Perinatal Services BC, 2013. (Book) — 1 copy, 1 available

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

This guide discusses how baby blues and depression may affect women's physical, mental, emotional and spiritual well-being and what to do if that occurs. Part 1 - Basic Aboriginal Teachings | Part 2 - Pregnancy, Childbirth, and the first year of being a parent | Part 3 - Feelings during Pregnancy and

Chacun son caractère: Comprendre le tempérament de son enfant

Neville, Helen F., Johnson, Diane Clark. Paris, France: JCLattès, 2015. (Book) — 2 copies, 2 available

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CA 250 NEV 2015

Comprendre le tempérament de son enfant Les études montrent que de nombreux comportements difficiles sont liés au tempérament inné de l'enfant. En comprenant à quoi le nôtre carbure, nous pouvons adapter notre style éducatif à ses besoins. Chaque type de comportement est le produit d'une combinaison...
Chasing daylight: how my forthcoming death transformed my life: a final account

Chasing daylight is the inspirational memoir of former KPMG CEO Eugene O'Kelly, written in the three-and-a-half months between his terminal diagnosis with a brain cancer and his death in September 2005. Interweaving details of his illness with reflections on life, death and success, this passiona…

Chicken soup for the preteen soul 2: Stories about facing challenges, realizing dreams and making a difference

A book filled with true stories for preteens about finding yourself, achieving dreams, and dealing with tough issues such as friendship, body changes, first crushes, difficult choices and tough stuff like divorce, moving, and dealing with death.

Chicken soup for the soul: reboot your life: 101 stories about finding a new path to happiness

A book filled with 101 stories about finding a new path to happiness.
Cognitive behavioral workbook for anxiety: a step-by-step program
https://libraries.phsa.ca/permalink/catalog119620
Audience: Patient or Public
Agency: BC Cancer Agency
Location: Vancouver Library
Abbotsford Cancer Info Ctr
Kelowna Cancer Info Ctr
Prince George Cancer Info Ctr
Surrey Cancer Info Ctr
Victoria Cancer Info Ctr
Call Number: WM172 K67 2014

The color monster: A story about emotions
https://libraries.phsa.ca/permalink/catalog122258
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR GK 720 LLE 2018

Emotions, including happiness, sadness, anger, fear, and calm, are described through the actions of a monster sorting them out.

The compassion book
https://libraries.phsa.ca/permalink/catalog122203
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre

Let compassion and fearlessness guide you and you’ll live wisely and effectively in good times and bad. But that’s easier said than done. Here Pema Chödrön introduces a powerful, transformative method to nurture these qualities using a practice called lojong, which has been a primary focus of her t…
Comprendre les émotions de nos enfants

https://libraries.phsa.ca/permalink/catalog113915
Zuili, Robert. Paris, France: Mango , 2015. (Book) — 1 copy, 1 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: GK 720 ZUI 2015

"Peur, colère, tristesse, joie, les émotions de nos enfants nous laissent parfois désespérés. L'auteur les décide, et vous aide à mieux les gérer. A travers des cas pratiques, il met en évidence le ressenti de l'enfant et permet ainsi au parent de mieux se situer et de réagir en connaissance de cause…"

La couleur des émotions

https://libraries.phsa.ca/permalink/catalog114705
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR GK 720 LLE 2012

"Ce pop up livre parle des émotions.

Écoutes-tu, Léo?

https://libraries.phsa.ca/permalink/catalog114074
Garcia, Ellen, Patton, Julia. Quebec, QC: Editions Passe-Temps , 2014. (Book) — 1 copy, 0 available
Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR GK 720 GAR 2014

"Léo a de la difficulté à écouter les autres. Lorsqu'il manque une bonne partie de son activité préférée pendant le cours, il doit trouver une solution afin d'être plus attentif."
Crucial conversations : tools for talking when stakes are high

https://libraries.phsa.ca/permalink/catalog21449
Audience: Professional
Agency: BC Cancer Agency
Location: 
   - Vancouver Library
   - Kelowna Library
   - Surrey Library
   - Victoria Library
   - Abbotsford Library
   - CN Library
Call Number: BF637 C45 C955 2012

Crucial conversations : tools for talking when stakes are high

https://libraries.phsa.ca/permalink/catalog21450
Patterson, Kerry. Solon, OH: Findaway World, LLC, 2013. updated 2nd ed. (Audio, CD) — 2 copies, 2 available
Audience: Professional
Agency: BC Cancer Agency
Location: 
   - Vancouver Library AV Room
Call Number: BF637 C45 C955 2013 v.1-4

Deal with it!: A whole new approach to your body, brain, and life as a girl

https://libraries.phsa.ca/permalink/catalog104798
Audience: Patient or Public
Agency: BC Children's and Women's
Location: 
   - Family Support & Resource Centre
Call Number: YOUTH GL 100 DRI 1999

"Deal With It! offers a whole new approach for dealing with your life as a girl. It's a resource to help you learn about, laugh about, and figure out the stuff you go through on your way through life. It won't tell you what to do, because you'll need to decide that for yourself. But whether you're w…"
Dialectical behavior therapy skills workbook: Practical DBT exercises for learning mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance

https://libraries.phsa.ca/permalink/catalog122286


Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CC 680 MCK 2019

This book offers step-by-step exercises for managing your emotions without losing control, engaging in destructive behavior, or lashing out at others. You’ll also find new chapters on self-compassion and cognitive rehearsal—the act of mentally preparing yourself for situations that trigger your

Dodging energy vampires: An empath's guide to ditching the darkness for radiant health and brilliant relationships

https://libraries.phsa.ca/permalink/catalog122280

Northrup, Christiane. Carlsbad, California: Hay House, Inc. (Book)

Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: CA 200 NOR 2018

, emotional, and financial”--from publisher.

Do I have a daddy?: A story about a single-parent child with a special section for single mothers and fathers

https://libraries.phsa.ca/permalink/catalog108372


Audience: Patient or Public
Agency: BC Children's and Women's
Location: Family Support & Resource Centre
Call Number: JUNIOR GK 610 LIN 2000

“A single mother explains to her son that his daddy left soon after he was born. Includes a section with suggestions for answering the question, "Do I have a daddy?"
Based in dialectical behavior therapy, this workbook helps teens learn the skills they need to ride the ups and downs of life with grace and confidence. This book offers techniques to help teenagers: 1) stay calm and mindful in difficult situations, 2) effectively manage out-of-control emotions, 3