

Building Resiliency: Resources

MakingConnections4Health

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Recommended Reading

Growing up Resilient: Ways to build resilience in children and youth
Centre for Addiction and Mental Health

Hold on to Your Kids: Why parents need to matter more than peers
Gordon Neufeld & Gabor Mate

How Children Succeed
Paul Tough

The Whole Brain Child
Dr. Dan Siegel

Well Stressed: Manage stress before it becomes toxic
Sonia Lupien

Mindset
Carol Dweck

The Explosive Child
Ross Greene

10 Mindful Minutes
Goldie Hawn

Websites:

Teen Mental Health - a site for educators, teens and families, health professionals
<http://teenmentalhealth.org/>

Collaborative Problem Solving – Ross Greene www.livesinthebalance.org

Ontario Centre of Excellence for Child and Youth Mental Health
<http://www.excellenceforchildand youth.ca/about-centre>

Supporting Minds –Educators Guide to Promoting Students Mental Health and Well-being
<http://www.edu.gov.on.ca/eng/document/reports/SupportingMinds.pdf>

Children's Mental Health Ontario http://www.kidsmentalhealth.ca/parents/resources_parents.php

Taming the Worry Dragons <http://www.heretohelp.bc.ca/visions/cognitive-behavioural-therapy-vol6/taming-worry-dragons>

Harvard Centre on the Developing child <http://developingchild.harvard.edu/>

<http://kidshealth.org/>

<http://www.reachinginreachingout.com/resources-parents.htm>

www.tripleontario.ca

See the stress lessons parent guide at: http://morethanmedication.ca/en/stress_lessons/