

Get ready to #GetReal

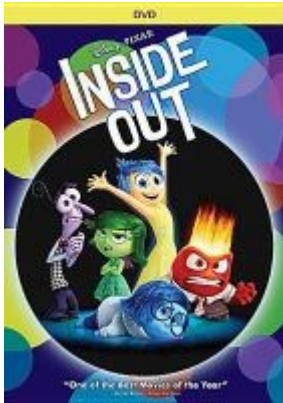
CMHA Mental Health Week

May 3-9, 2021

Visit mentalhealthweek.ca for info and tools!



Mental Health Week Suggested Reads for Children

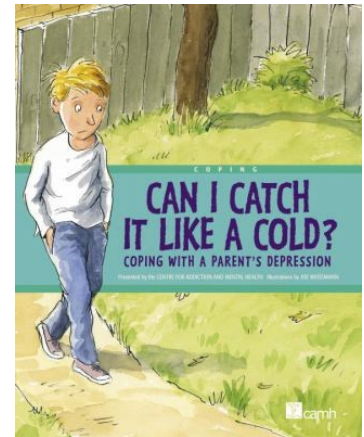


[Inside out \[DVD\]](#)



[Be well! : a hero's guide to a healthy mind and body](#)

Elsie Olson



[Can I catch it like a cold? : coping with a parent's depression](#)

Joe Weissmann

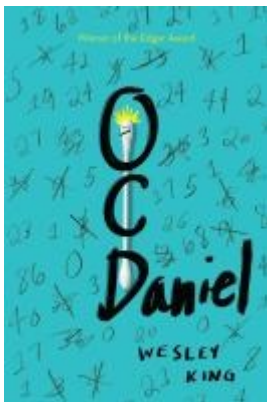
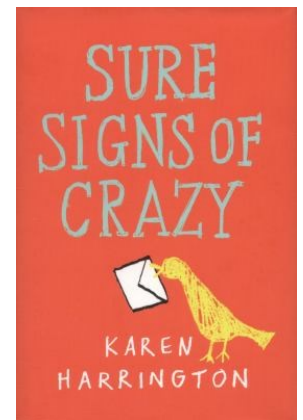


[Be strong! : a hero's guide to being resilient](#)

Elsie Olson

[Sure signs of crazy](#)

Karen Harrington



[OCDaniel](#)

Wesley King



[The peacock detectives](#)

Carly Nugent

Banner images source: <https://mentalhealthweek.ca/2021-toolkits>



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Mental Health Week Suggested Reads for Children

For Parents and Caregivers:

[Ready or not : preparing our kids to thrive in an uncertain and rapidly changing world](#) Madeline Levine

[Growing up brave : expert strategies for helping your child overcome fear, stress, and anxiety](#) Donna Pincus

[Teach your child meditation : 70 fun & easy ways to help kids de-stress and chill out](#) Lisa Roberts

[Calm mindfulness for kids](#) Wynne Kinder

[Managing the motherload : a guide to creating more ease, space, and grace in motherhood](#) Rebekah Borucki

[Mindfulness in the preK-5 classroom : helping students stress less and learn more](#) Patricia Jennings

[Under pressure : confronting the epidemic of stress and anxiety in girls](#) Lisa Damour

[Self-reg : how to help your child \(and you\) break the stress cycle and successfully engage with life](#)

Stuart Shanker

[How to be a happier parent : raising a family, having a life, and loving \(almost\) every minute](#)

K.J. Dell'Antonia

[Start here : a parent's guide to helping children and teens through mental health challenges](#) Pier Bryden

[Social media and mental health : handbook for parents and teachers](#) Claire Edwards

[Integrating yoga and play therapy : the mind-body approach for healing adverse childhood experiences](#)

Michelle Pliske

[Growing up resilient : ways to build resilience in children and youth](#) Tatyana Barankin

[The busy parent's guide to managing anxiety in children and teens : a quick read for powerful solutions! : the parental intelligence way](#) Laurie Hollman

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