

# PARENT RESOURCES

## MENTAL HEALTH AND ANXIETY

Each link listed below will direct you to the resource or a way to purchase the resource for your family

### Books

From faith based authors, counselors, and professionals  
All are available and on display in the Family Room

**Seen by Dr. Chinwe Williams**

**[The Worry Free Parent](#) by Sissy Goff**

**[Raising Worry Free Girls](#) by Sissy Goff**

**[Brave: A Teen Girl's Guide to Beating](#)**

**[Worry and Anxiety](#) by Sissy Goff**

**[Raising Emotionally Strong Boys](#) by**

**David Thomas**

**[Soundtracks](#) by Jon Acuff**

**[The Whole Brain Child](#) by Daniel Siegel**

**[It Didn't Start With You: How Inherited](#)**

**[Family Trauma Shapes Who We Are](#) by**

**Mark Wolynn**

**[The Soul of Desire](#) by Dr. Curt**

**Thompson**

**[How to Help Your Child Clean Up Their](#)**

**[Mental Mess](#) by Dr. Caroline Leaf**

**[Beyond The Spiral: Why You Shouldn't](#)**

**[Believe Everything Anxiety Tells You](#)**

**by Dr. Chinwe Williams and Will**

**Hutcherson**

**[Are My Kids On Track? 12 Emotional,](#)**

**[Social and Spiritual Milestones Your](#)**

**[Child Needs to Reach](#) by Sissy Goff,**

**David Thomas, Melissa Trevathan**

### Podcasts



Raising Boys and Girls



Human Hope

Don't Mom Alone

Cleaning up the mental mess by Caroline Leaf

### Other Resources

- [The Feelings Wheel](#)
- [Preparing for the unexpected worksheet](#)
- [What Is Mental Health and Why Is It Important for Your Family?](#)
- [The Mindful Christian Meditations YouTube Channel](#)



### Instagram Accounts to Follow

[@drcarolineleaf](#)

[@parentcue](#)

[@dr.chinwewilliams](#)

[@raisingboysandgirls](#)

**For a list of approved counselors and further external resources, visit [getvictory.net/resources](https://getvictory.net/resources)**