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,

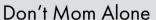
David Thomas, Melissa Trevathan

Podcasts



Raising Boys and Girls

Human Hope



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?
- <u>The Mindful Christian Meditations</u>
 YouTube Channel



@drcarolineleaf @parentcue
@dr.chinwewilliams
@raisingboysandgirls

For a list of approved counselors and further external resources, visit getvictory.net/resources

