

## **Pictou County Health Authority and Pictou-Antigonish Regional Library Mental Health Resource Partnership**



**Pictou-Antigonish  
Regional Library**



The following materials can be borrowed through any branch of the Pictou-Antigonish Regional Library. Branches are located in New Glasgow, Pictou, River John, Stellarton, Trenton, Westville and Antigonish, with an Outreach site in Monastery. There is also a Books by Mail service for rural residents.

Library membership is free of charge.

These resources have been made possible through the generous donation of the Mental Health Sandbar Endowment.

### **Anger**

**The ABCs of Anger: Stories and Activities to Help Children Understand Anger**\_by Ray Ali

**Hot Stones and Funny Bones: Helping Teens Cope with Stress or Anger**\_by Brian Seaward and Linda Bartlett

**Healthy Anger: How to Help Children and Teens Manage Their Anger**\_by Bernard Golden

**Angry Children, Worried Parents: Seven Steps to Help Families Manage Anger**\_by Sam Goldstein, Robert Brooks and Sharon Weiss

**Helping Your Angry Child: Worksheets, Fun Puzzles, and Engaging Games to Help You Communicate Better: A Workbook for You and Your Family**\_by Darlyne Gaynor Nemeth, K.P. Ray and Maydel Morin Schexnayder

**Staying in Control: Anger Management Skills for Parents of Young Adolescents** by Michael H. Kellner

**In Control: A Skill-Building Program for Teaching Young Adolescents to Manage Anger** by Millicent H. Kellner

### **Anxiety**

**The Worried Child: Recognizing Anxiety in Children and Helping Them Heal** by Paul Foxman

**School Phobia, Panic Attacks, and Anxiety in Children** by Marianna Csoti

**Seven Steps to Help Your Child Worry Less: A Family Guide** by Sam Goldstein

**Worried No More: Help and Hope for Anxious Children** by Aureen Pinto Wagner

**What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety** by Dawn Huebner

**A Boy and a Bear: The Children's Relaxation Book** by Lori Lite

**The Anxiety Workbook for Teens** by Lisa M. Schab

### Videos

**Fighting Their Fears: Child and Youth Anxiety** by Melanie Wood

### Asperger Syndrome

**Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence** by Luke Jackson and Jessica Kingsley

**The OASIS Guide to Asperger Syndrome: Completely Revised and Updated: Advice, Support, Insight, and Inspiration** by Patricia Romanowski Bashe

**Asperger Syndrome and Adolescence: Helping Preteens and Teens Get Ready for the Real World** by Teresa Bolick

### Attention Problems

**The Everything Parent's Guide to Children with ADD/ADHD: A Reassuring Guide to Getting the Right Diagnosis, Understanding Treatments, and Helping Your Child Focus** by Linda Sonna

**ADD/ADHD Behaviour Change Resource Kit: Ready-to-Use Strategies & Activities for Helping Children with Attention Deficit Disorder** by Grad L. Flick

**Taking Charge of ADHD: The Complete, Authoritative Guide for Parents** by Russell A. Barkley

**ADHD and Teens: A Parent's Guide to Making It Through the Tough Years** by Colleen Alexander-Roberts

**How to Reach and Teach Children With ADD/ADHD** by Sandra F. Reif

**Cory Stories: A Kid's Book About Living with ADHD** by Jeanne Kraus

**Otto Learns About his Medicine: A Story About Medication for Children with ADHD** by Matthew Galvin

**Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder** by Patricia O. Quinn

**50 Activities and Games for Kids with ADHD** by Patricia O. Quinn

**The Survival Guide for Kids with ADD or ADHD** by John F. Taylor

### Autism/Pervasive Developmental Disorder

**A Mind Apart: Understanding Children with Autism and Asperger Syndrome** by Peter Szatmari

**Overcoming Autism: Finding the Answers, Strategies, and Hope That Can Transform a Child's Life** by Lynn Kern Koegel and Claire LaZebnik

**Helping Your Child With Autism Spectrum Disorder: A Step-by-Step Workbook for Families** by Stephanie B. Lockshin, Jennifer M Gillis and Raymond G. Romanczyk

### **Behaviour Problems**

**No More Misbehavin': 38 Difficult Behaviors and How to Stop Them** by Michele Borba

**Kids are worth it! Revised Edition: Giving Your Child the Gift of Inner Discipline** by Barbara Coloroso (2 copies)

**The Difficult Child** by Stanley Turecki

**How to Behave So Your Children Will, Too!** by Sal Severe

**Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, Energetic** by Mary Sheedy Kurcinka (2 copies)

**Rage, Rebellion & Rudeness: Parenting Teenagers in the New Millennium** by G. Scott Wooding

**Backtalk: Four Steps to Ending Rude Behavior in Your Kids** by Carolyn Crowder

### **Dating and Sexuality**

**What's Happening to My Body? Book for Girls: A Growing Up Guide for Parents and Daughters** by Lynda Madaras (2 copies)

**What's Happening to My Body? Book for Boys: A Growing Up Guide for Parents and Sons** by Lynda Madaras (2 copies)

**Deal With It! A Whole New approach to Your Body, Brain and Life as a Girl** by Esther Drill

**Puberty Girl** by Shushann Moysessian

**Puberty Boy** by Shushann Moysessian

**Always My Child: A Parent's Guide to Understanding Your Gay, Lesbian, Bisexual, Transgendered or Questioning Son or Daughter** by Kevin Jennings

### **Divorce**

**The Truth About Children and Divorce: Dealing With the Emotions So You and Your Children Can Thrive** by Robert E. Emery

**Parents are Forever: A Step-by-Step Guide to Becoming Successful Co-parents After Divorce** by Shirley Thomas

**Divorce and New Beginnings: A Complete Guide to Recovery, Solo Parenting, Co-Parenting, and Stepfamilies** by Genevieve Clapp

**The Divorce Workbook for Children: Activities That Help Children Cope With Their Parents' Divorce** by Lisa M. Schab

**Divorce Workbook for Teens** by Lisa M. Schab

**With My Mom, With My Dad: A Book About Divorce** by Maribeth Boelts and Cheri Bladholm

**Don't Fall Apart on Saturdays! The Children's Divorce-Survival Book** by Adolf Moser

**Was It the Chocolate Pudding? A Story For Little Kids About Divorce** by Sandra Levins

### **Grief and Bereavement**

**What Children Need When They Grieve: The Four Essentials: Routine, Love, Honesty and Security** by Julia Wilcox Rathkey

**Parenting Through Crisis: Helping Kids in Times of Loss, Grief and Change** by Barbara Coloroso

**25 Things to Do When Grandpa Passes Away, Mom and Dad Get Divorced, or the Dog Dies: Activities to Help Children Heal After a Loss or Change** by Laurie A. Kanyer

**Helping Kids Cope When a Loved One is Sick and Preparing to Die** by Fairview Health Services

**Teen's Guide to Coping When a Loved One is Sick and Preparing to Die** by Fairview Health Services

### **Learning Problems**

**Why Can't I Learn Like Everyone Else: Youth with Learning Disabilities** by Shirley Brinkerhoff

**Learning Disabilities: The Ultimate Teen Guide** by Penny Hutchins Paquette

**Learning Disabilities from a Parent's Perspective: What You Need to Know to Understand, Help & Advocate for Your Child** by Kim E. Glenchur

**Parenting Children with Learning Disabilities** by Jane Utley Adelizzi and Diane B. Gross

**Complete Learning Disabilities Handbook: Ready-to-Use Strategies & Activities for Teaching Students with Learning Disabilities** by Joan M. Harwell

### **Living with Disabilities**

**Special Kids Need Special Parents: A Resource for Parents of Children with Special Needs** by Judith Loseff Lavin

**Reflections From a Different Journey: What Adults With Disabilities Wish All Parents Knew**  
by Stanley Klein

**The Child With Special Needs: Encouraging Intellectual and Emotional Growth** by Stanley L. Greenspan

**Life Beyond the Classroom: Transition Strategies for Young People With Disabilities** by Paul Wehman

**Breakthrough Parenting for Children with Special Needs: Raising the Bar of Expectations**  
by Judy Winter

### **Mood Problems and Depression**

**Recovering from Depression: A Workbook for Teens** by Mary Ellen Copeland and Stuart Copans

**If Your Adolescent Has Depression or Bipolar Disorder: An Essential Resource for Parents**  
by Dwight L. Evans and Linda Wasmer Andrews

**Adolescent Depression: A Guide for Parents** by Francis Mark Mondimore

**Helping Your Depressed Child : A Step-by-Step Guide for Parents** by Martha Underwood Barnard

**Raising Depression-Free Children: A Parent's Guide to Prevention and Early Intervention**  
by Kathleen Hockey

**Helping Your Teenager Beat Depression: A Problem -Solving Approach for Families** by Katharina Manassis and Anne Marie Levac

### **Parenting**

**Unconditional Parenting: Moving From Rewards and Punishments to Love and Reason** by Alfie Kohn

**Scream Free Parenting: Raising Your Kids by Keeping Your Cool** by Hal Edward Runkel (2 copies)

**Now I Know why Tigers Eat Their Young: Surviving a New Generation of Teenagers** by Peter Marshall

### **Videos**

**Surviving Your Adolescents: How to Manager and Let Go Of Your 13-18 Year Olds** by Thomas W. Phelan

### **Teasing and Bullying**

**The Bully, The Bullied, and the Bystander: From Preschool to High School,How Parents and Teachers Can Help Break the Cycle of Violence** by Barbara Coloroso

**Dealing With Teasing** by Lisa K. Adams

**Girl wars: 12 Strategies That Will End Female Bullying** by Cheryl Dellasega & Charisse Nixon

**Mom, They're Teasing Me: Helping Your Child Solve Social Problems** by Michael Thompson

**Easing the Teasing: Helping Your Child Cope With Name-Calling, Ridicule, and Verbal Bullying** by Judy S. Freedman

**Bye-Bye Bully: A Kid's Guide for Dealing With Bullies** by J.S. Jackson & Robert W. Alley

**Blue Cheese Breath and Stinky Feet: How to Deal with Bullies** by Catherine Depino

### **Additional Books**

**Parenting Children with Health Issues** by Foster Cline

**Easy for You to Say: Q&As for Teens Living With Chronic Illness or Disability** by Miriam Kaufman

**Brothers and Sisters: a Special Part of Exceptional Families** by Peggy Gallagher

**Out of Sync Child Has Fun** by Carol Kranowitz

**Out of Sync Child** by Lucy Miller

**Raising a Sensory Smart Child** by Lindsey Biel

**Love, Jean: Inspiration for Families Living with Dysfunction of Sensory Integration** by A. Jean Ayres

**Zachary's New Home: A Story For Foster and Adopted Children** by Geraldine Blomquist (2 copies)

**All About Adoption: How Families are Made & How Kids Feel About It** by Marc Nemiroff (2 copies)

**Daddy's Roommate** by Michael Willhoite

**This is How We Became a Family: An Adoption Story** by Wayne Willis (2 copies)

**Finding The Right Spot: When Kids Can't Live With Their Parents** by Janice Levy

**Heather Has Two Mommies** by Leslea Newman

**Two Teenagers in 20: Writing by Gay and Lesbian Youth** by Ann Heron

**Autism-Asperger's & Sexuality: Puberty and Beyond** by Jerry Newport

**What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety** by Dawn Huebner

**What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD** by Dawn Huebner

**What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity** by Dawn Huebner

**What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger** by Dawn Huebner

**What to Do When Your Child Has Obsessive-Compulsive Disorder: Strategies and Solutions** by Aureen Pinto Wagner

**When Children Grieve: For Adults to Help Children Deal With Death, Divorce, Pet Loss, Moving and Other Losses** by J. W. James

**How to Keep Your Teenager Out of Trouble and What to Do If You Can't** by N. I. Bernstein

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