

LOCAL SERVICES

OSNS Child and Youth Services

#103-550 Carmi Ave., Penticton

250-492-0295

<http://www.osns.org/parenting-groups-1>

“Take It Home” Parenting Workshops

<http://www.osns.org/family-support->

Family Support Department

Okanagan Skaha Early Learning Centre

Eileen Muzzin, 250-488-1788 or okearlyyears@pdcrs.com

Support for families in the School District 67 area.

<http://pdcrs.com/early-childhood/early-years-centre-2/>

B.C. Mental Health Walk-in Intake Clinics (Self referral)

Penticton Child and Youth Mental Health Services

3rd Floor - 740 Carmi Avenue, Penticton

250-487-4422

Tuesday, Wednesday, Thursday 1:00 p.m. - 3:30 p.m.

<http://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics>

Canadian Mental Health Association Interior Region Family Navigator

1-844-234-6663

Helps families access relevant programs and service based on their individual needs.

<http://cmhakelowna.com/bc-family-navigator/>

WEBSITES

AnxietyBC

<http://www.anxietybc.com/>

Provides information on anxiety disorders and how to support children with anxiety concerns, including self-help toolkits, videos, personal stories, and newsletters.

Kelty Mental Health Resource Centre

<http://keltymentalhealth.ca/>

Resources → Challenges and Disorders → Anxiety → User → Parents and Cargivers

A provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC.

Suggested Words Search for Websites

Childhood Anxiety, Childhood Stress, Separation anxiety in children, Symptoms of anxiety in children, Activities for children with anxiety

BOOKS

FOR KIDS

Scaredy Squirrel

A series of books where Scaredy Squirrel works through a number of his fears. Videos also available.

www.scaredysquirrel.com/books.html

FOR PARENTS

Keys to Parenting Your Anxious Child, Katharina Manassis

The Anxiety Cure for Kids: A Guide for Parents, E.D. Spencer

Freeing Your child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries and Phobias, T.E. Chansky

Seven Steps to Help Your child Worry Less: A Family Guide, Kristy Agar

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

Your Anxious Child: Raising a Healthy Child in a Frightening World, by Mary Ann Shaw

Helping Your Anxious Child: A Step-by-Step Guide for Parents, Ronald Rapee

Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children, John S. Dacey