

### 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](mailto: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](http://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