

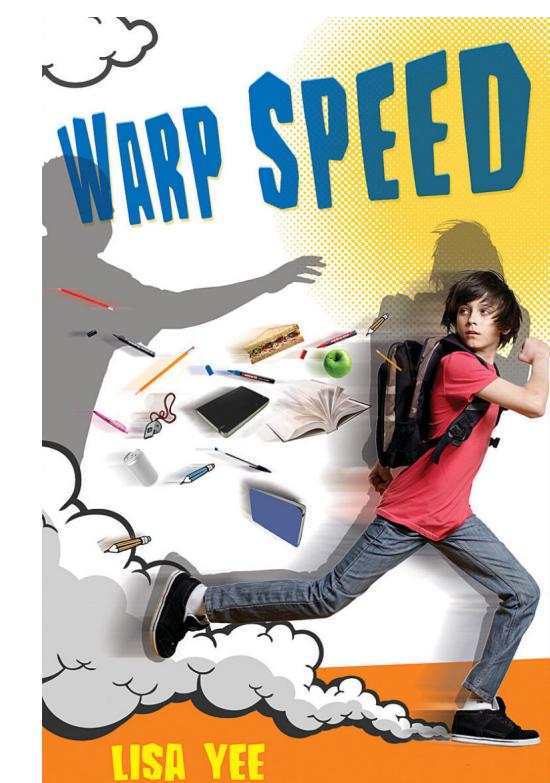
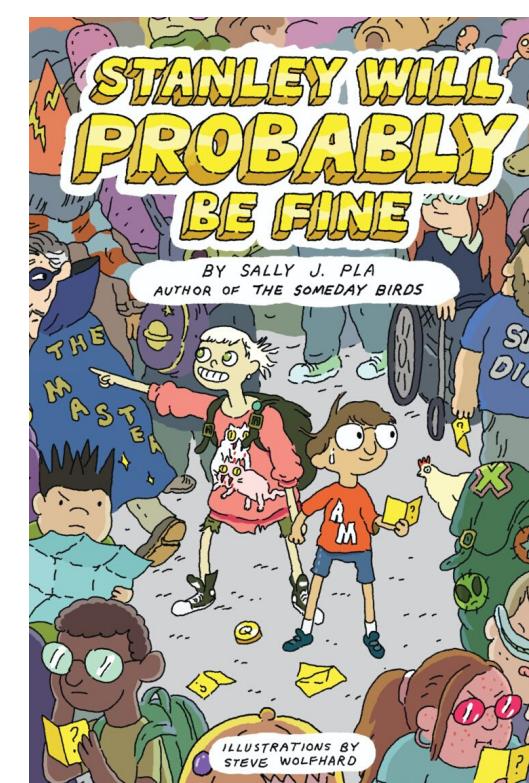
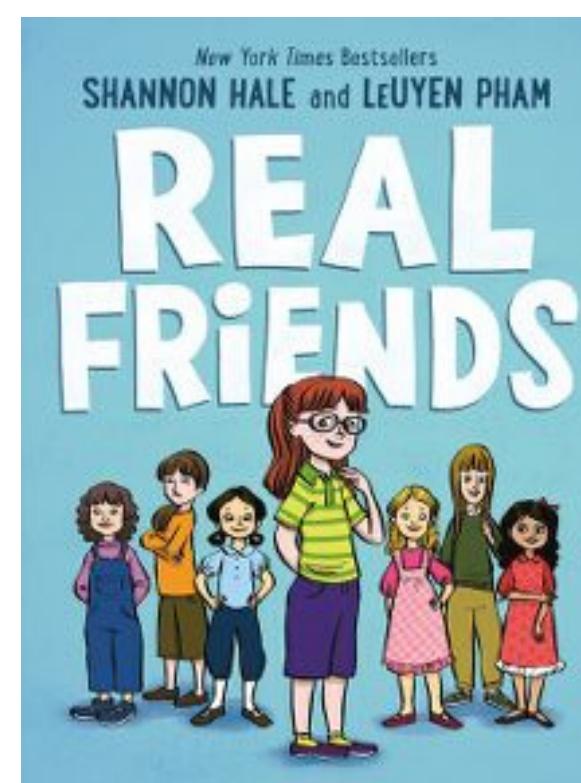
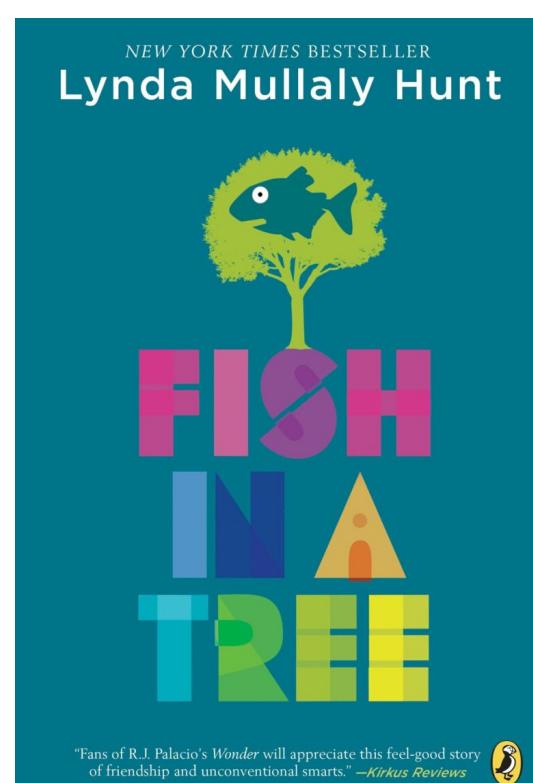
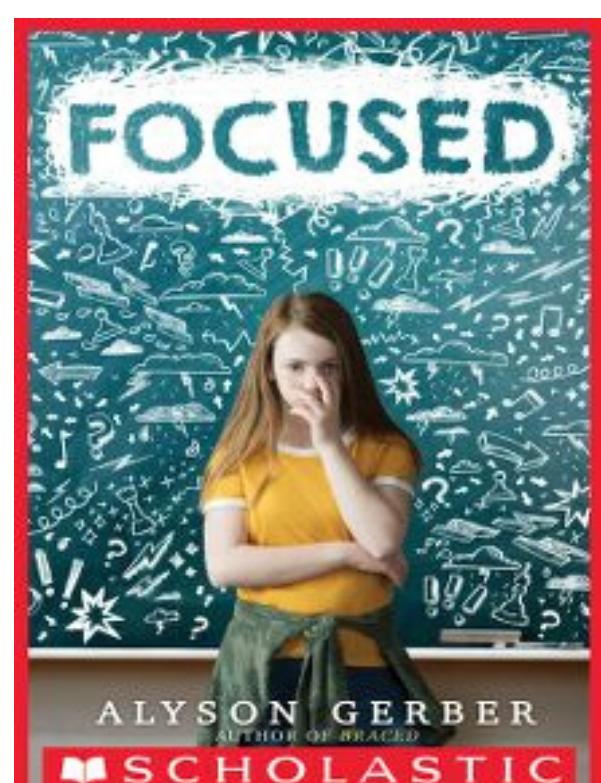
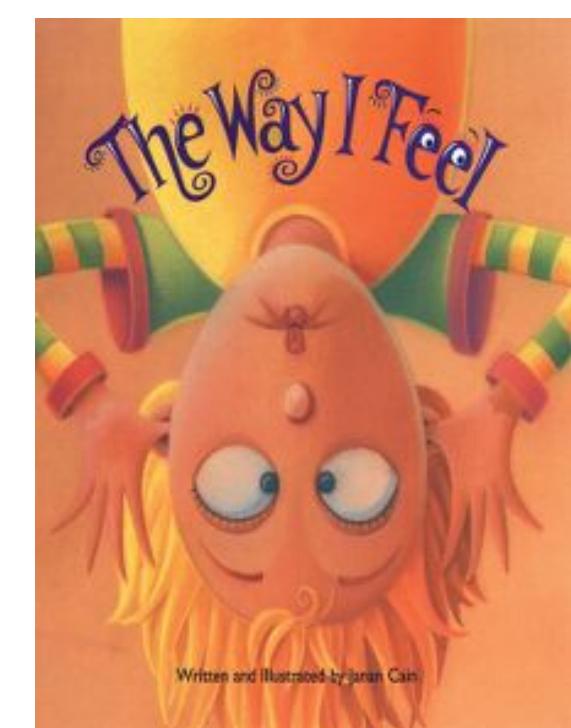
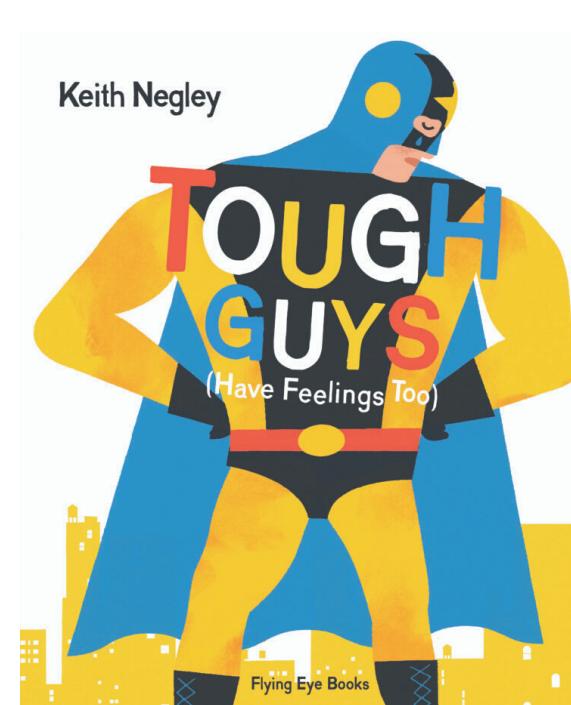
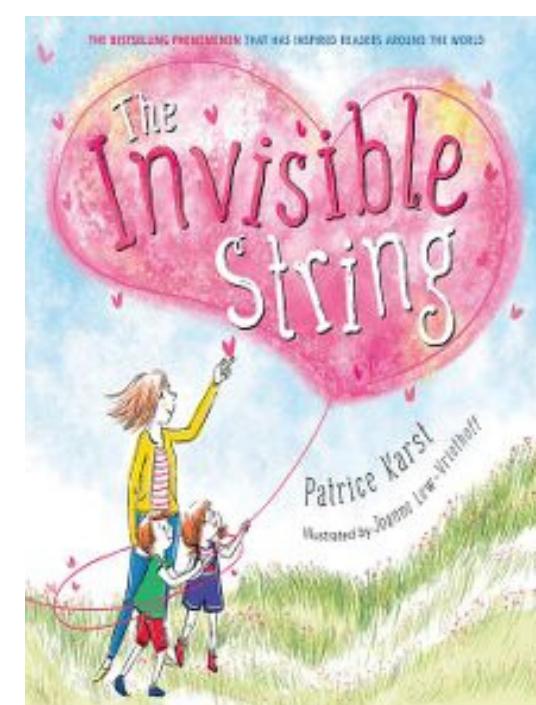
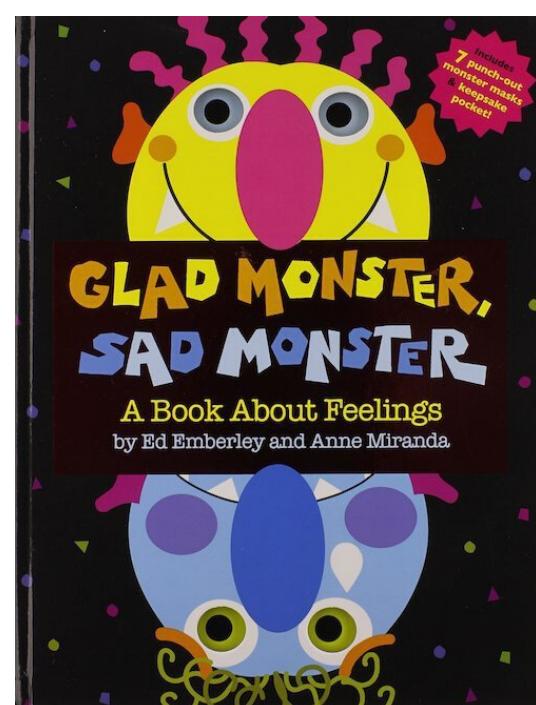
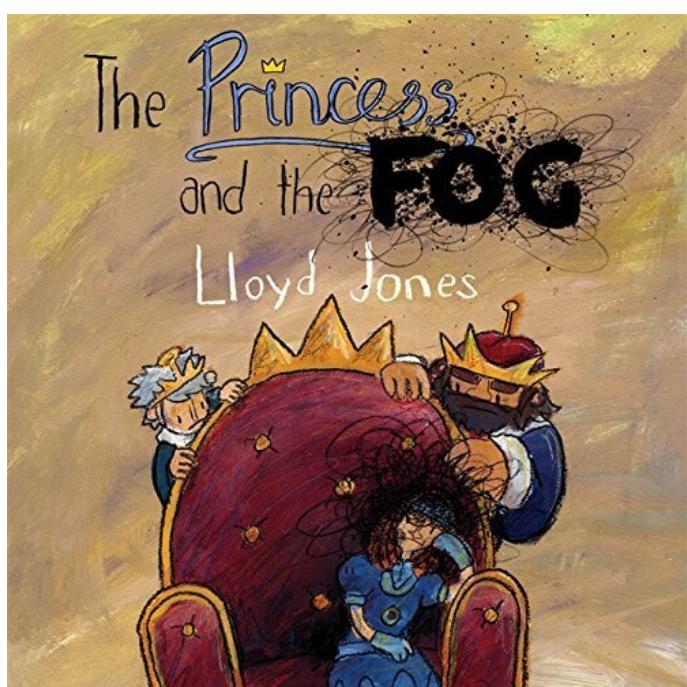


May is Mental Health Awareness Month!

BE KIND TO YOUR MIND

Childhood can be a trying time – especially nowadays! Fortunately, there are plenty of great books that can help families navigate common challenges, ranging from anxiety to depression to anger management.

HERE ARE SOME BOOKS WE RECOMMEND!



[Find more Mental Health books for children, teens and their parents here.](#)