

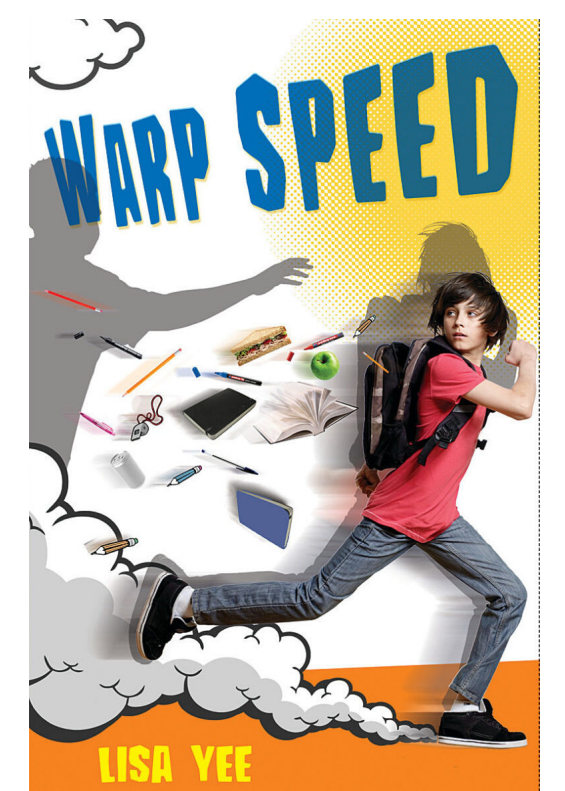
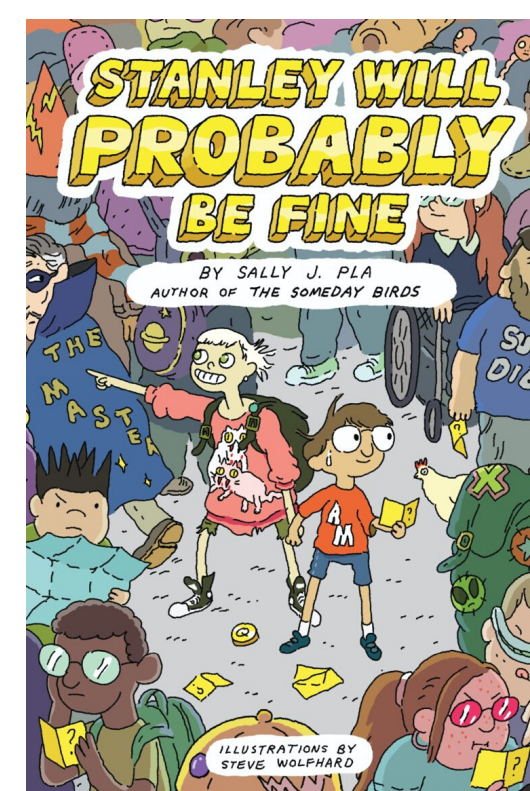
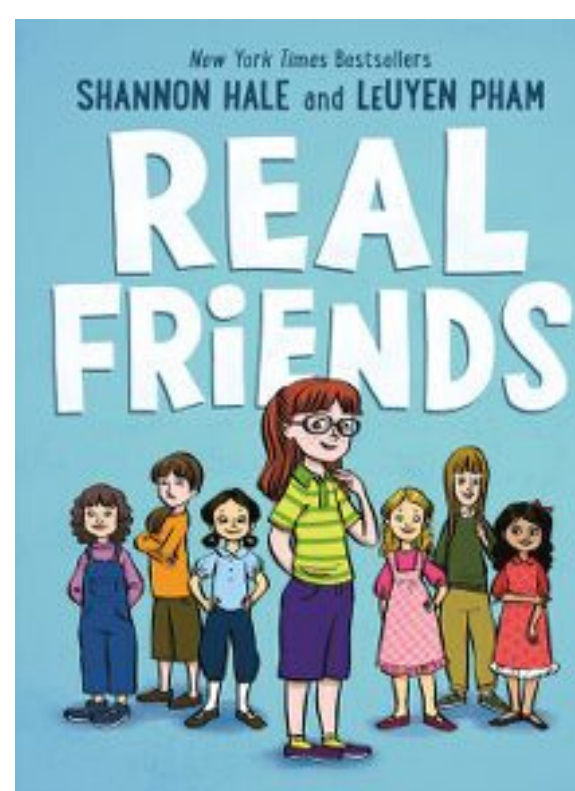
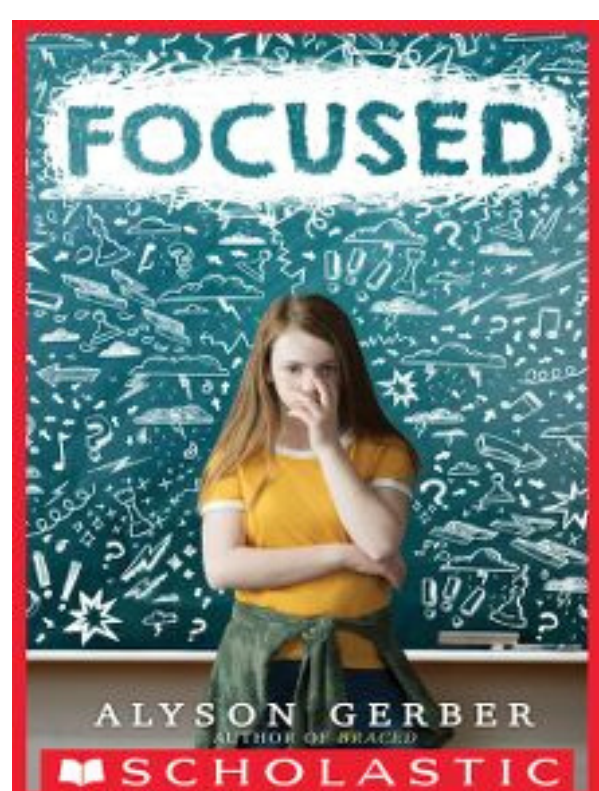
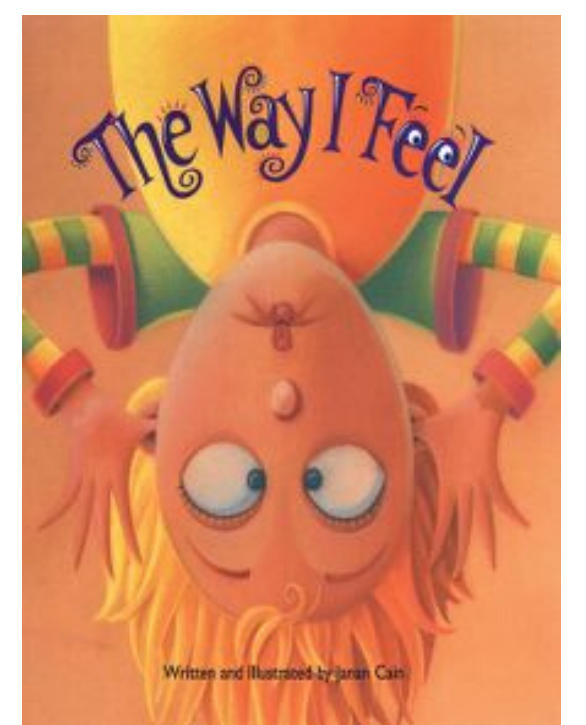
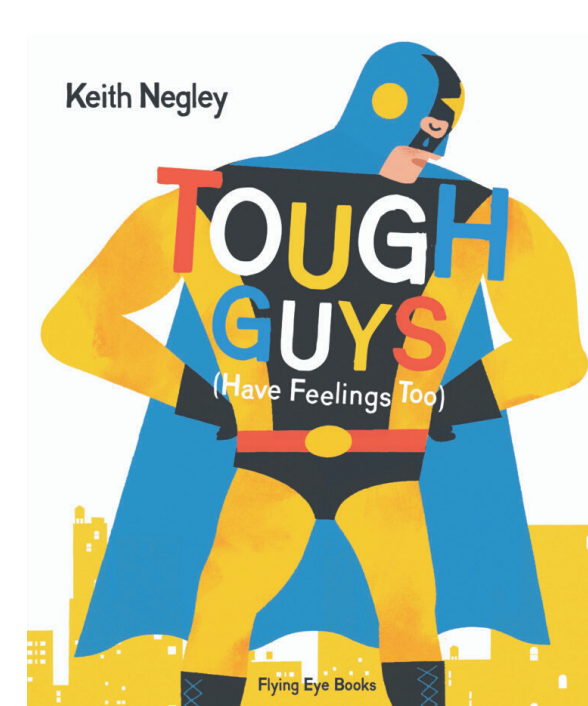
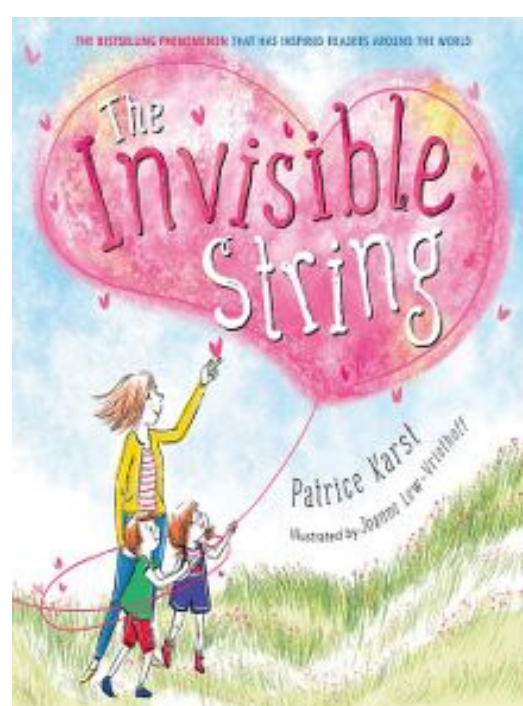
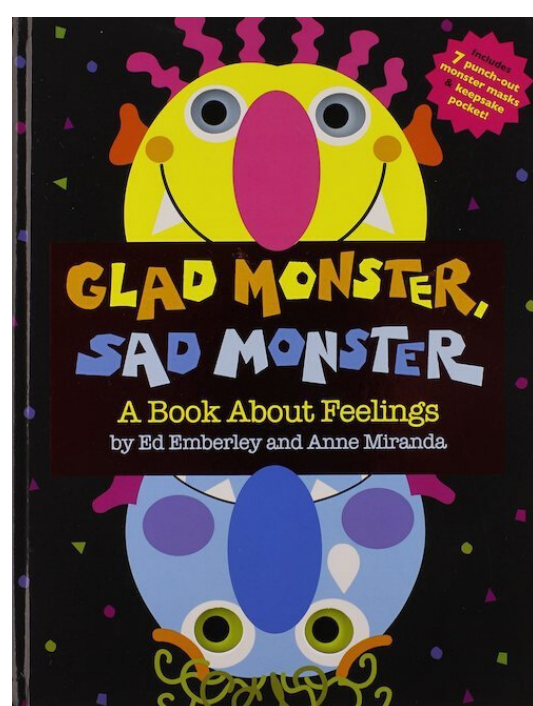
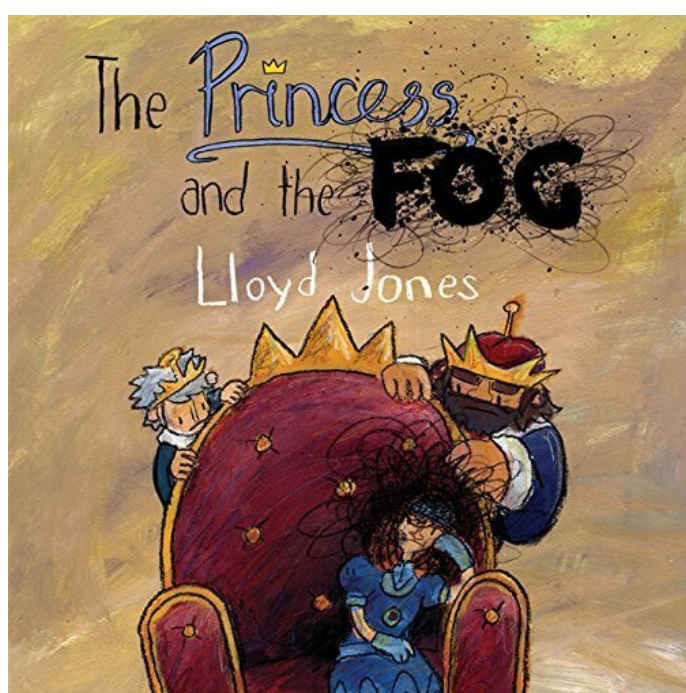


May is Mental Health Awareness Month!

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.