| Anxiety & Stress  Top Recommended Resources  Continued  **The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence, by Jennifer Shannon**  **Untangled: Guiding Teenage Girls through the 7 Transitions to Adulthood by Lisa Damour**  **Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children, by John Dacey and Lisa Fiore**  Great Apps  **Calm, Insight Timer Wonderful mindfulness meditation, an evidence based strategy to promote mental health**  **The Mood Meter Created by Yale University's Center for Emotional Intelligence. Helps teens & adults grow their own Emotional Intelligence with wonderful strategies to help us feel better when needed.**  A great website  **American Academy of Child and Adolescent Psychiatry**  **[www.aacap.org](http://www.aacap.org/" \t "_blank)**  Ongoing Community Discussions  Regarding Mental Health Are An Important For Our Children, Our Families, Our Community, & Our Schools.  A More Informed & Connected Parent Community  Enhances Kids First In Education.  WWW.FRIENDSOFDIFFERENTLEARNERS.ORG  More information about Friends, including Executive Members, Building Reps, and Local & National Resources can be found at the website below.  www.friendsofdifferentlearners.org | Friends of Different Learners  is an independent organization of parents, staff, and community members dedicated to maximizing the potential of Birmingham Public School  students  Become a Friends member  Just $10  Valid September-August  Join at a meeting or online and while you’re there…  Sign Up for our weekly email |
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