| Anxiety & Stress Top Recommended ResourcesContinued**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/%22%20%5Ct%20%22_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.ORGMore 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 studentsBecome a Friends memberJust $10Valid September-AugustJoin at a meeting or online and while you’re there…Sign Up for our weekly email |
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