

Anxiety Workshop Resource Guide:

Podcasts:

- [Ask Lisa](#): Lisa Damour, Phd covers a variety of parenting topics; recent episodes 19-22 relate to anxiety and Covid and remote learning.
- [Flusterclux](#) w/ Lynn Lyon, LCSW- all about anxiety and parenting. Highly recommended.

Books:

- *Breaking Free of Child Anxiety and OCD: A Scientifically Proven Program for Parents*. Eli Lebowitz, PhD.
- *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle*, Reid Wilson & Lynn Lyons
- *Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls*, Lisa Damour, Ph.D.

For Kids:

- copingskillsforkids.com: Janine Halloran, MA. Website & book, for kids and teens
- *What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety & Outsmarting Worry*: (ages 9-13) Dawn Huebner
- [Hey Warrior and Hey Awesome](#), by Karen Young (Heysigmund.com) Picture books for kids about anxiety

Websites:

- [The Youth Mental health project](#)
- [Yale SPACE program for parents](#)
- Lynnlyons.com- Information, videos, courses.
- HeySigmund.com- a blog/website, treehouse videos for kids
- Tiltparenting.com Podcast by category issue for parents of differently wired kids (This is the one that has some good ADHD/Anxiety resources.)
- [AT Parenting Survival](#): videos, courses and podcast for kids and parents- related to anxiety & OCD
- [Youth Mental Health project](#) parent support network and good handouts about types of treatment and overview of anxiety disorders.

Courses: (some free stuff and some content you pay for)

- Coping Cats: Copingcatsparents.com
- Go Zen Gozen.com
- [AT Parenting Survival](#) courses for parents

Reach out to me for additional resources: Laura Cleary, LMSW
info@parentingthebigkids.com