



Mind & Mission Resource Library



TABLE OF CONTENTS

ADULT BOOKS

CHILD AND YOUTH BOOKS

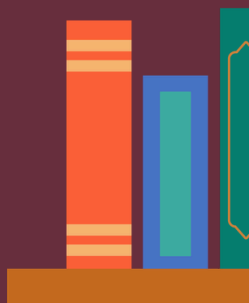
CHILD AND YOUTH BOOKS IN
BOTH ENGLISH AND FRENCH

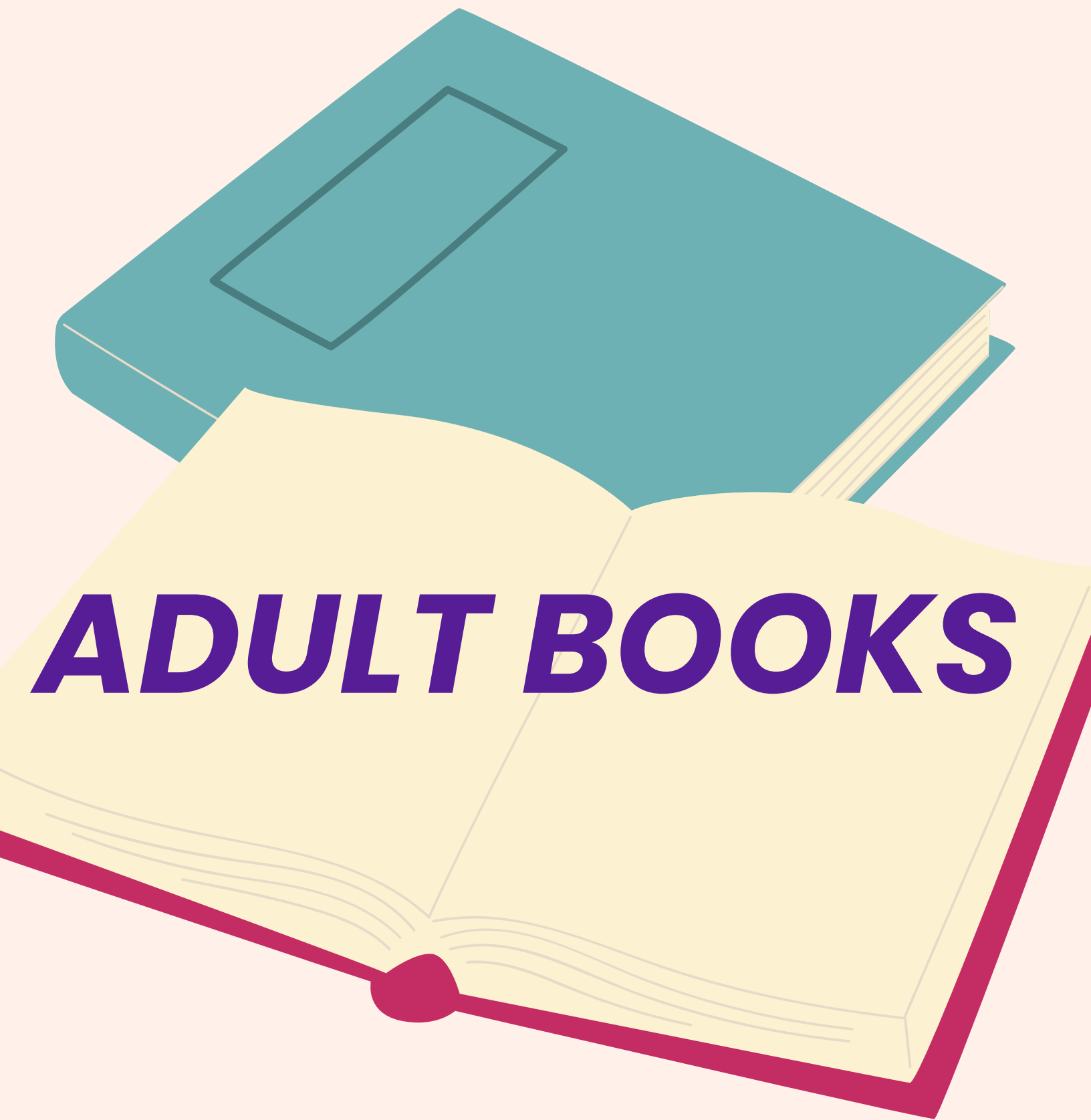
FRENCH LANGUAGE BOOKS

RESOURCE GUIDES

RESOURCE KITS AND GUIDES

CRISIS & TRAUMA RESOURCE
INSTITUTE MANUALS





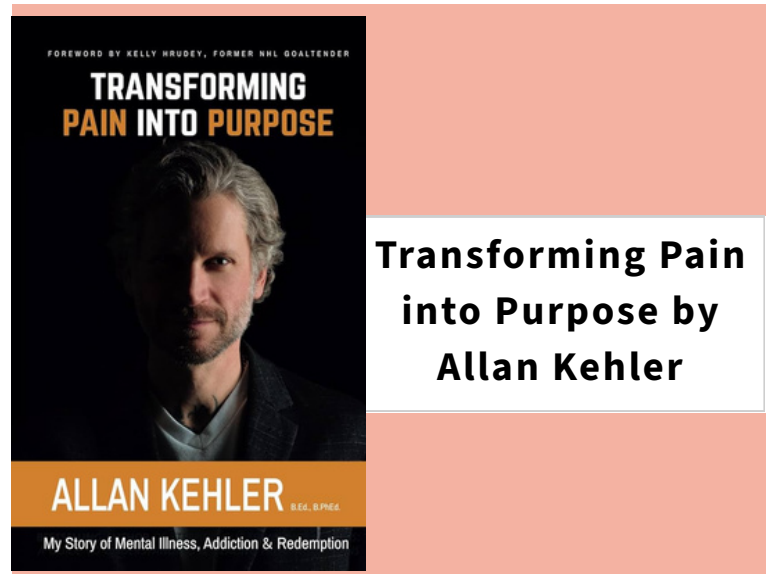
ADULT BOOKS

ADULT BOOKS



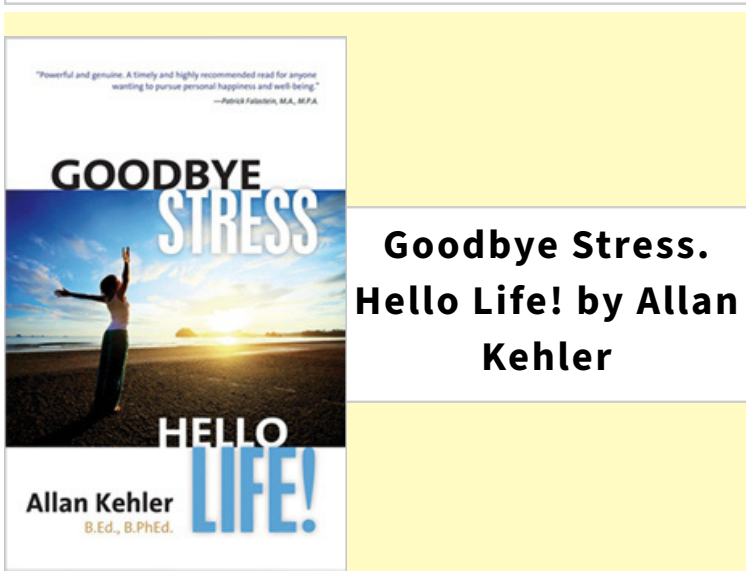
Stepping Out From the Shadows by Allan Kehler

- **Mental illness and addiction struggles**
- **Discover how one man found his voice**
- **Learn how pain was transformed into purpose**
- **Proof that healing is possible**



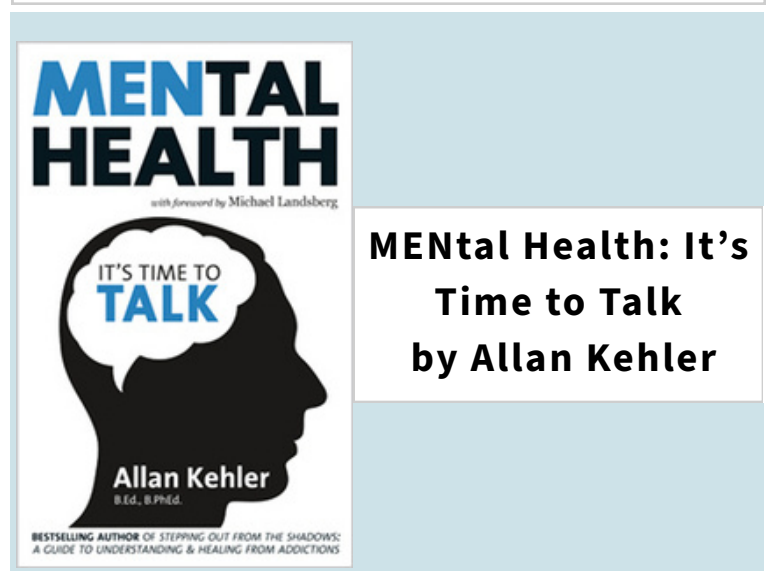
Transforming Pain into Purpose by Allan Kehler

- **Mental illness and addiction struggles**
- **Discover how one man found his voice**
- **Learn how pain was transformed into purpose**
- **Proof that healing is possible**



Goodbye Stress. Hello Life! by Allan Kehler

- **The greatest challenge is discovering who we are—and accepting it**
- **Allan encourages facing challenges instead of avoiding them**
- **He helps uncover the root causes of stress**



MENTal Health: It's Time to Talk by Allan Kehler

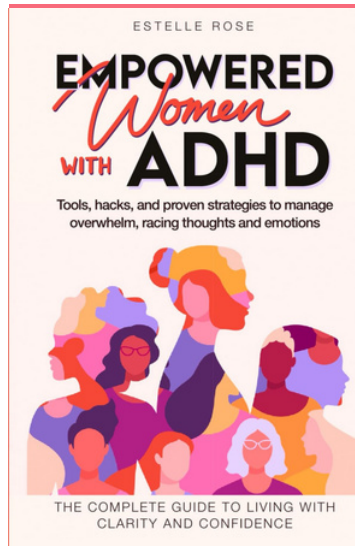
- **MENTal Health: It's Time to Talk shares real stories**
- **Features prairie men, including Chris Beaudry**
- **Stories of perseverance through mental health struggles**

ADULT BOOKS



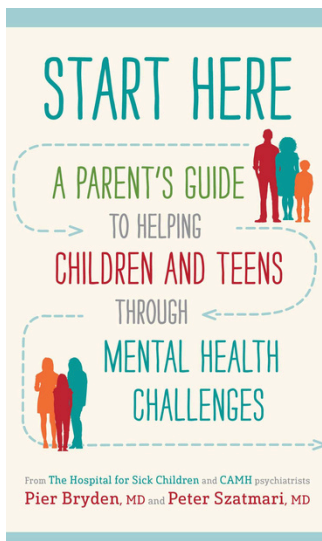
Born Resilient by Allan Kehler

- Healing begins with telling your story
- Real stories of loss, pain, and resilience
- Insights into perseverance through hardship
- A powerful reminder that we are born resilient



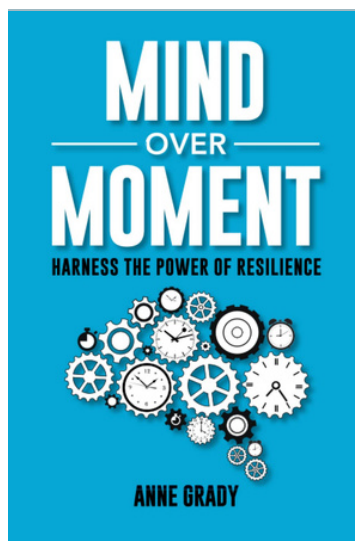
Empowered Women with ADHD by Estelle Rose

- For women overwhelmed by ADHD
- Covers racing thoughts, burnout, and emotional overload
- Addresses work and relationships
- Explains why ADHD is underdiagnosed in women
- Practical tools to manage ADHD



Start Here: Parent's Guide to Helping Children and Teens Through Mental Health Challenges by Pier Bryden

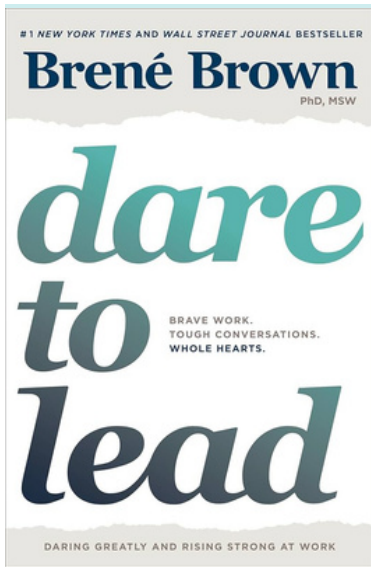
- From two of the top child and adolescent psychiatrists at The Hospital for Sick Children comes an accessible guide to common mental health struggles, such as anxiety and depression, for any parent wondering how to help their child



Mind Over Moment by Anne Grady

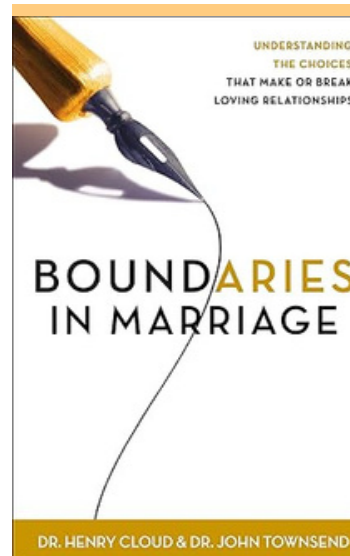
- For anyone stuck in survival mode
- A science-based approach to reclaim control
- Helps identify habits that help or sabotage you
- Tools to reduce stress and anxiety
- Break self-limiting beliefs

ADULT BOOKS



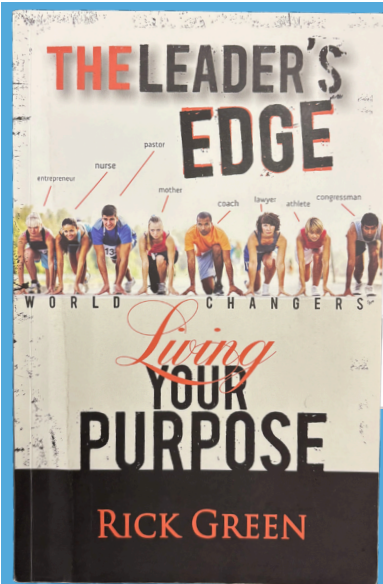
**Dare to Lead by
Brene Brown**

- Daring leaders stay curious, not all-knowing
- Ask the right questions
- Share power to multiply it
- Lean into tough conversations
- Humans lead with connection and courage



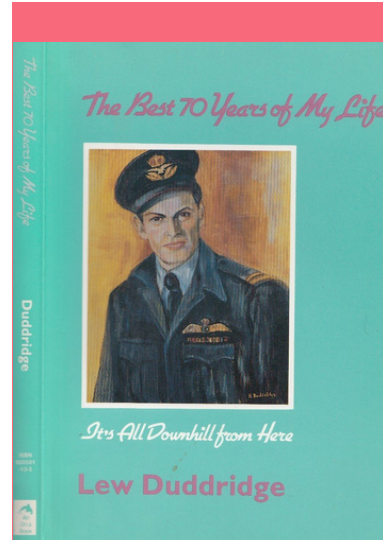
**Boundaries in
Marriage by Dr.
Henry Cloud and
Dr. John Townsend**

- Learn when to say yes and no
- Respect each other's needs and choices
- Healthy boundaries strengthen marriage
- Boundaries protect individuality
- Apply the 10 laws of boundaries



**The Leader's
Edge by Rick
Green**

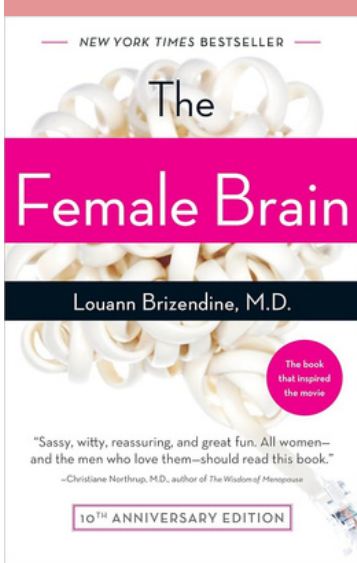
- Rick Green brings together proven life-planning and success strategies into a simple, practical process to help people live their purpose and become more effective—no matter their calling or career.



**The Best 70 Years
of My Life by Lew
Duddridge**

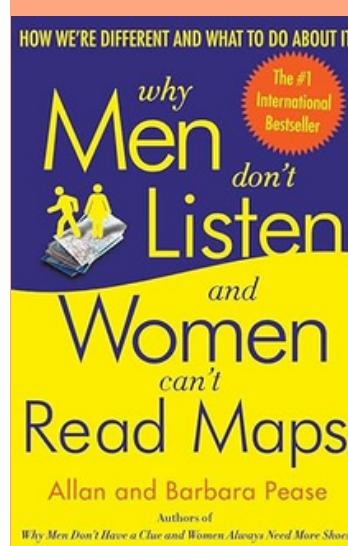
- Autobiography of WWII pilot and flying enthusiast from Saskatchewan, Lew Duddridge.

ADULT BOOKS



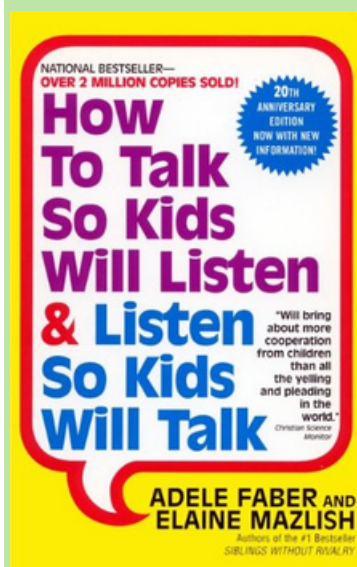
The Female Brain by Louann Brizendine

- Looks at the female brain at a cellular level
- Shares accessible, research-based insights
- Explains emotional differences early in life



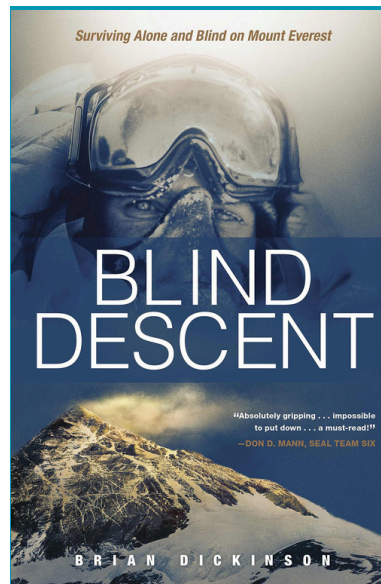
Why Men don't Listen and Women Don't Read Maps by Allan and Barbara Pease

- Explores how men and women think differently
- Based on global research and real-world study
- Blends brain science and biology
- Insightful, surprising, and humorous



How to Talk to Kids Will Listen and Listen so Kids Will Talk by Adele Faber and Elaine Mazlish

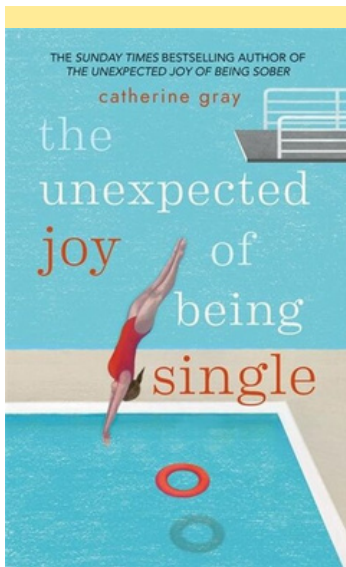
- Cope with your child's negative feelings, such as frustration, anger, and disappointment
- Express your strong feelings without being hurtful
- Set firm limits and maintain goodwill



Blind Descent by Brian Dickinson

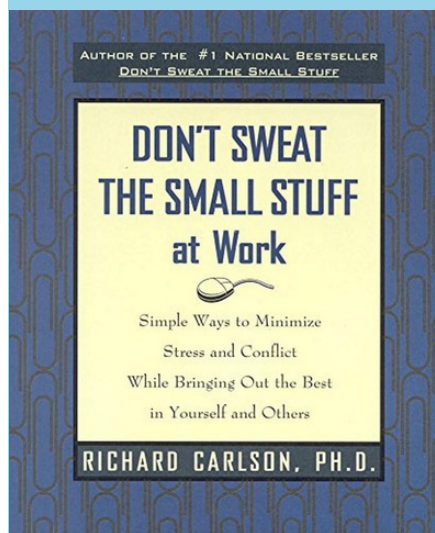
- Former Navy rescue swimmer Brian Dickinson was just 1,000 feet from Everest's summit when his Sherpa turned back, forcing Brian to choose—retreat or climb on alone.

ADULT BOOKS



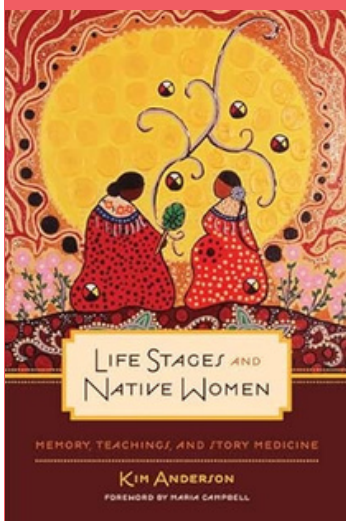
The Unexpected Joy of Being Single by Catherine Gray

- Catherine Gray took a whole year off dating to find single satisfaction. She lifted the lid on the reasons behind the global single revolution, explored the bizarre ways cultures single-shame.



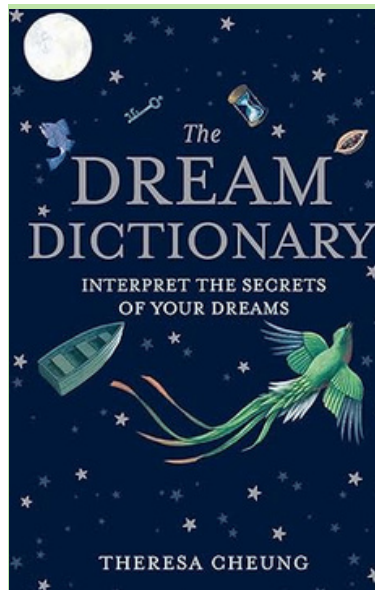
Don't Sweat the Small Stuff at Work by Richard Carlson

- How to manage rush deadlines with rushing
- How to transform your outlook and prepare for the day ahead
- How to enjoy corporate travel
- How to have a really bad day . . . and get over it



Life Stages and Native Women by Kim Anderson

- Examines life stages of Métis, Cree, and Anishinaabe women
- Focuses on mid-20th century communities
- Based on history from 14 elders
- A powerful book for all women



The Dream Dictionary by Theresa Cheung

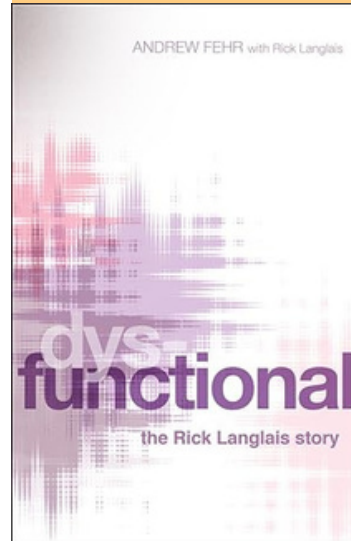
- A-to-Z guide to dream interpretation
- Explains meanings of common dream symbols
- Reveals links between people, places, and ideas
- Easy-to-use reference book

ADULT BOOKS



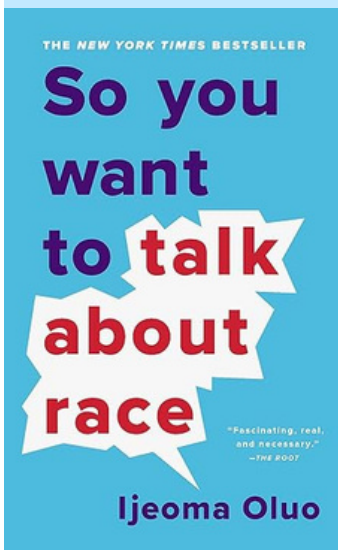
Girl, Stop Apologizing by Rachel Hollis

- identify the excuses to let go of,
- the behaviors to adopt,
- And the skills to acquire on the path to growth, confidence, and believing in yourself



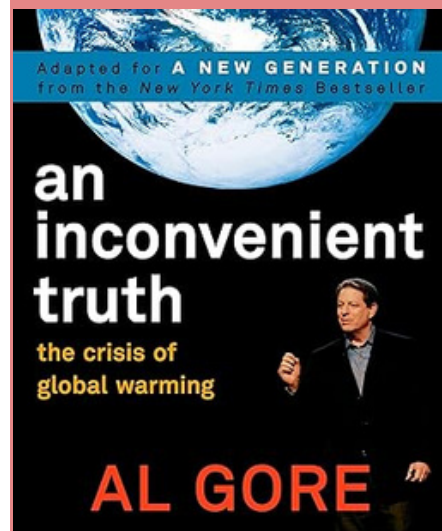
Dys-functional by Andrew Fehr

- A powerful true story of transformation
- From abuse, violence, and addiction
- A childhood marked by trauma
- A message of hope and redemption



So You Want to Talk About Race by Ijeoma Oluo

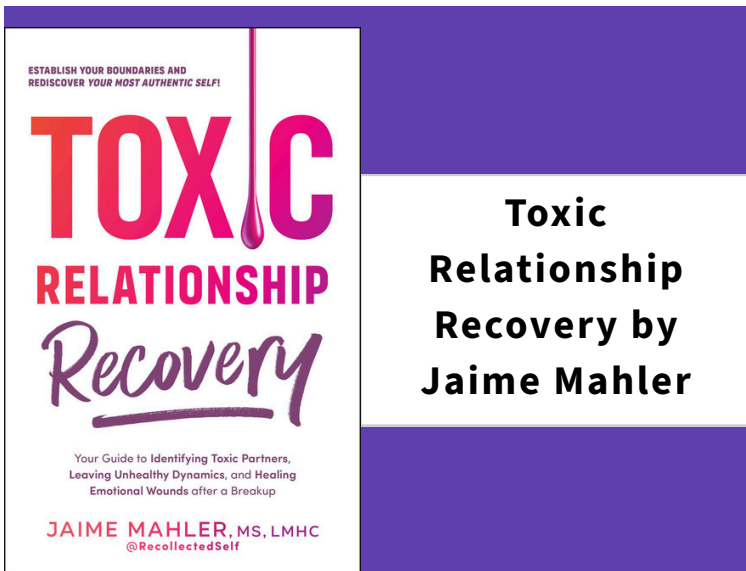
- Ijeoma Oluo examines today's racial realities, from privilege to systemic injustice, offering clear guidance for bridging the racial divide



An Inconvenient Truth by Al Gore

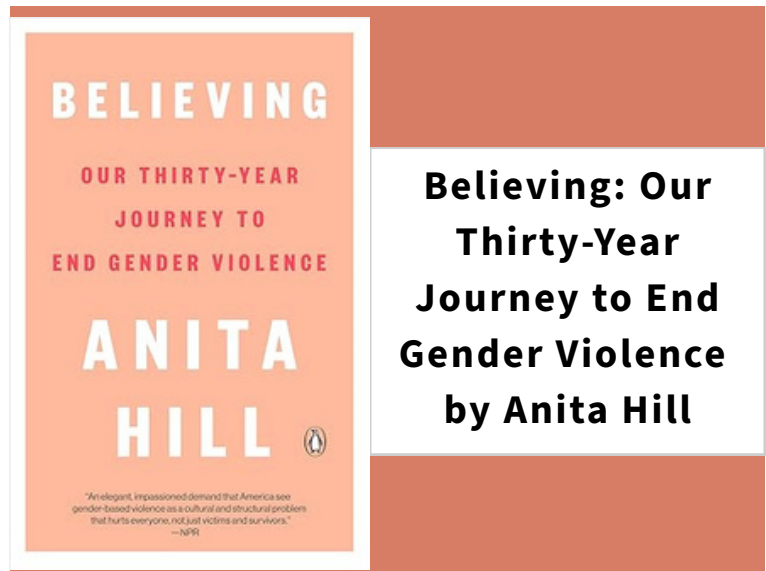
- A call to action on climate change
- Explains global warming and its causes
- Adapted for young readers
- Uses photos, illustrations, and graphs

ADULT BOOKS



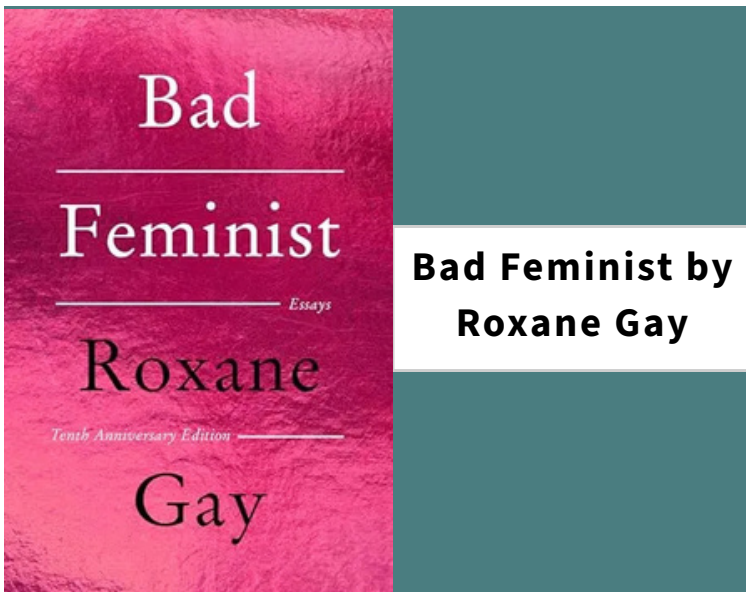
Toxic Relationship Recovery by Jaime Mahler

- Let go of toxic relationships
- Heal emotional wounds
- Recognize red flags and gaslighting
- Set healthy boundaries
- Build safer future relationships



Believing: Our Thirty-Year Journey to End Gender Violence by Anita Hill

- Anita Hill reflects on three decades of America's reckoning with gender-based violence, an issue rooted in culture, power, and inequality. Drawing on her work as a scholar and advocate.



Bad Feminist by Roxane Gay

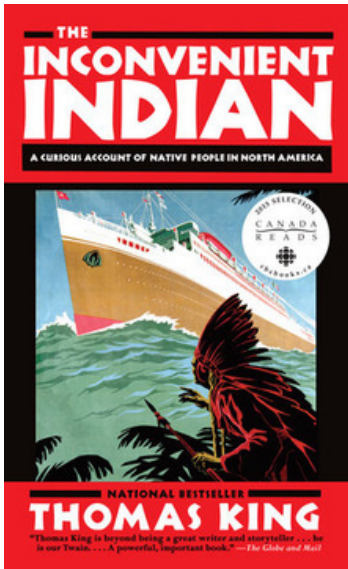
- Explores identity as a woman of color
- Reflects on pop culture and society
- Examines modern feminism
- Honest and self-aware perspective



Opinions by Roxane Gay

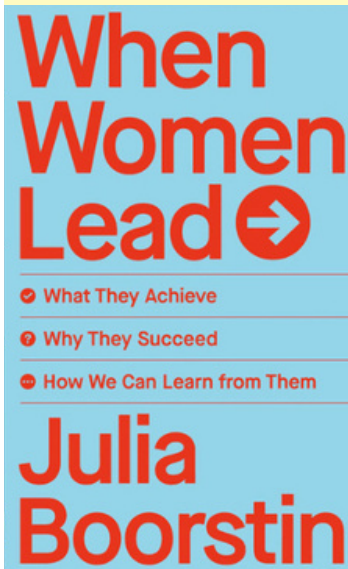
- Essays on culture, politics, and everyday life
- Covers major social and political issues
- Examines feminism, civil rights, and media

ADULT BOOKS



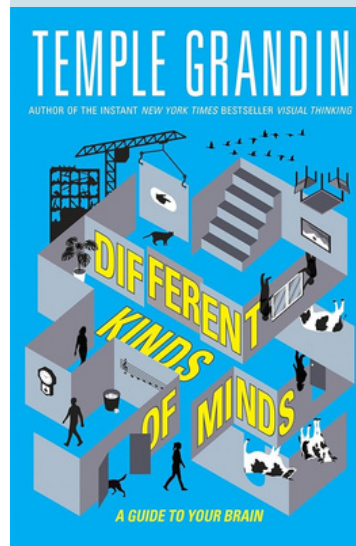
The Inconvenient Indian by Thomas King

- The Inconvenient Indian reexamines Indigenous history and identity, challenging old narratives with wit, honesty, and a call for new understanding.



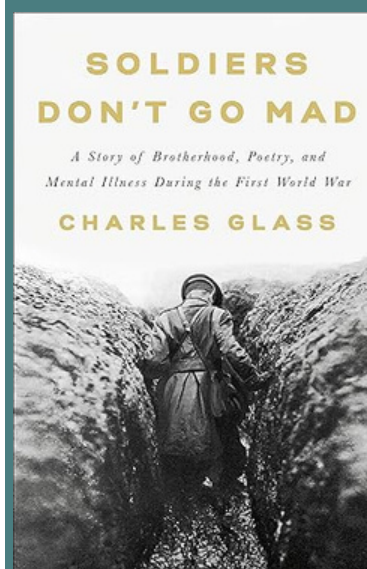
When Women Lead by Julia Boorstin

- Julia Boorstin draws on decades of reporting to show how women leaders thrive despite barriers. When Women Lead shows how women's empathy, adaptability, and inclusive thinking drive strong leadership success.



Different Kinds of Minds by Temple Grandin

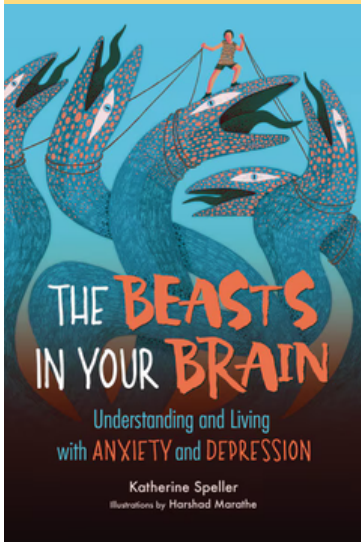
- Temple Grandin simplifies science by exploring various types of thinkers in her book. You will discover all kinds of minds and how we need to work together to create solutions to help solve real-world problems.



Soldiers Don't Go Mad by Charles Glass

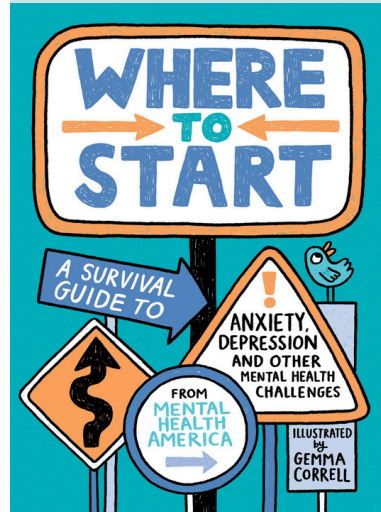
- This novel explores World War I's effects on soldiers' mental health, focusing on poets Wilfred Owen and Siegfried Sassoon at a shell shock hospital. It emphasizes trauma, therapy, and creativity in understanding PTSD.

ADULT BOOKS



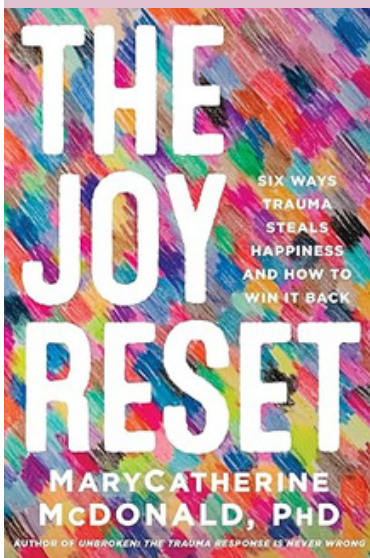
The Beasts in your Brain by Katherine Speller

- Describes hard-to-name mental health feelings
- Explains struggles young people face today
- Addresses feeling misunderstood by adults
- Offers validation & understanding



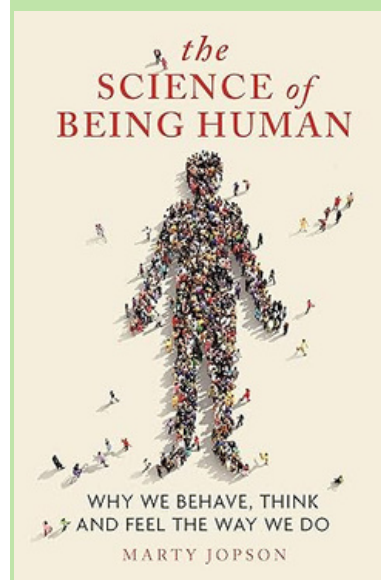
Where to Start by Mental Health America

- jargon-free information about all the most common mental illnesses, including a first self-assessment test;
- tips on how to get professional help



The Joy Reset by Mary Catherine McDonald

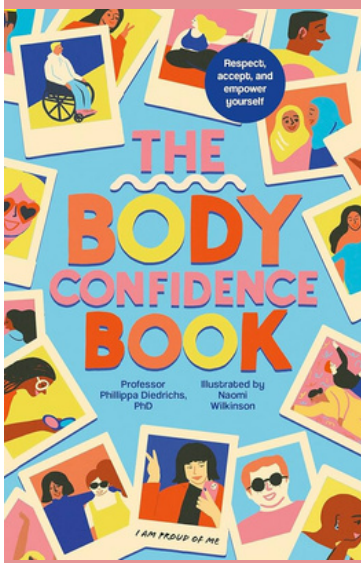
- Joy can feel hard during struggle
- Based in trauma neuroscience
- Offers practical, gentle exercises
- Makes joy accessible and manageable
- Helps find light even in dark times



The Science of Being Human by Marty Jopson

- Explores why humans behave the way they do
- Begins with evolutionary biology
- Explains how we perceive the world
- Covers technology, AI, and virtual reality

ADULT BOOKS



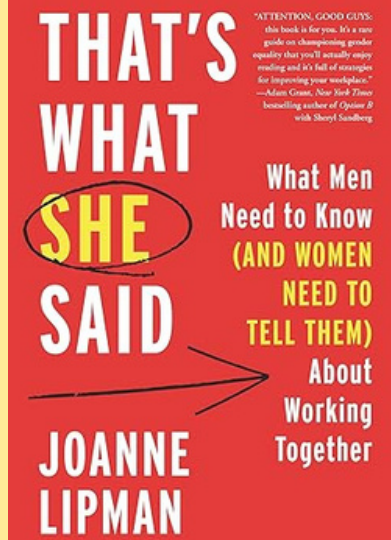
The Body Confidence Book by Phillipa Diedrichs

- Explores health, identity, and self-expression
- Appearance pressure is widespread
- Social media fuels unrealistic ideals
- Encourages body diversity
- Combines research and real stories



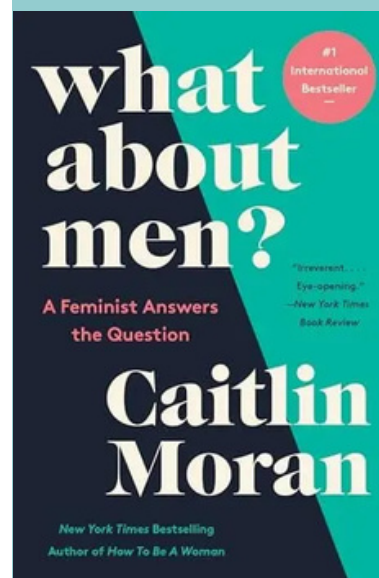
How the World is Making Our Children Mad by Louis Weinstock

- Rising mental health challenges in youth
- Looks beyond medication-only approaches
- Encourages parental reflection and responsibility



That's What She Said by Joanne Lipman

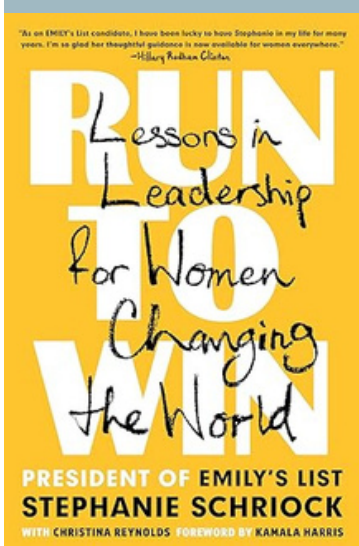
- Calls for ending the gender disconnect at work
- Missteps continue to harm women's careers
- Uses research, data, and real stories



What About Men? Caitlin Moran

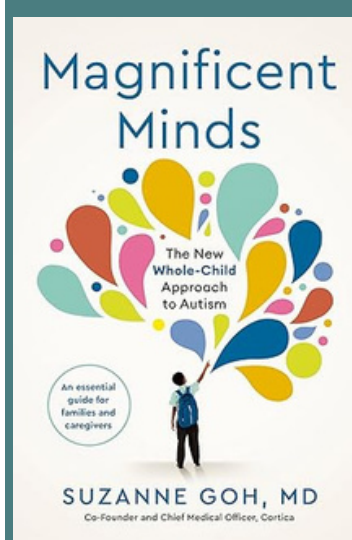
- Addresses education, mental health, and radicalization
- Challenges modern masculinity norms
- Mixes research & personal insight
- Opens dialogue between feminism and men

ADULT BOOKS



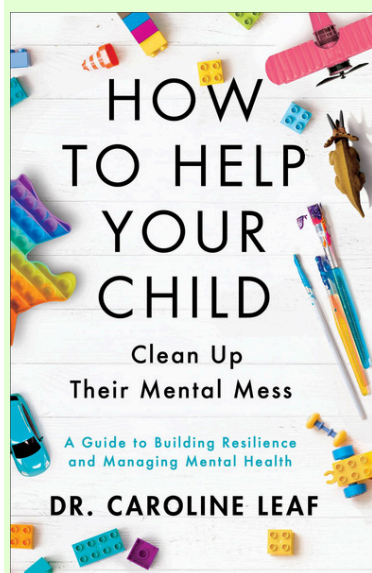
Lessons in Leadership for Women Changing the World by Stephanie Schriock

- After the 2016 election, many women joined EMILY's List to run for office. "Run to Win," offers confidence-building lessons based on proven campaign strategies, empowering women to succeed in male-dominated fields



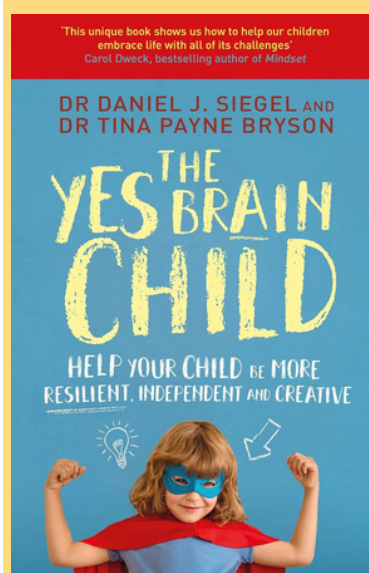
Magnificent Minds by Suzanne Goh

- One in 36 children is diagnosed with autism
- Written by pediatric neurologist Dr. Suzanne Goh
- Based on decades of clinical experience



How to Help Your Child by Caroline Leaf

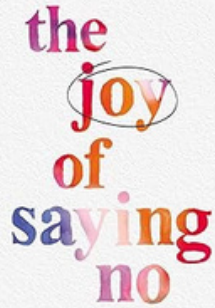
- Recognize negative feelings and respond in a healthy way
- Navigate a world that can feel scary and overwhelming
- Manage uncomfortable or challenging situations



The Yes Brain Child by Daniel J. Siegel and Tina Payne Bryson

- The Four Yes Brain skills: balance, resilience, insight, and empathy, and how to develop them
- Recognizing when children need encouragement versus comfort in familiarity

ADULT BOOKS



the joy of saying no

A SIMPLE PLAN TO STOP PEOPLE PLEASING, RECLAIM BOUNDARIES, AND SAY YES TO THE LIFE YOU WANT

natalie lue

The Joy of Saying No by Natalie Lue

- Establish healthier boundaries,
- Foster more intimate relationships and fulfilling experiences, and
- Reconnect with your values and authentic self



CONFLICT RESILIENCE

NEGOTIATING DISAGREEMENT WITHOUT GIVING UP OR GIVING IN

ROBERT C. BORDONE
JOEL SALINAS, M.D.

A TOOLKIT FOR COMING TOGETHER IN A CONFLICTED WORLD

Conflict Resilience by Robert C. Bordone and Joel Salinas

- How to get out of your own way as a communicator
- Understanding the importance of timing
- The power of disagreement
- Learning how to anticipate and manage defensiveness



HOW TO GET ALONG WITH ANYONE

How to Get Along with Anyone by John Eliot and Jim Guinn

MASTER THE 5 CONFLICT STYLES

The Playbook for Predicting and Preventing Conflict at Work and at Home

John Eliot
Jim Guinn

- Conflict drains 156 work hours/year
- Five conflict styles drive reactions
- Built on 30 years + research
- Tools to prevent escalation & connect better



MOM AND DAD I NEED YOU TO CALM DOWN

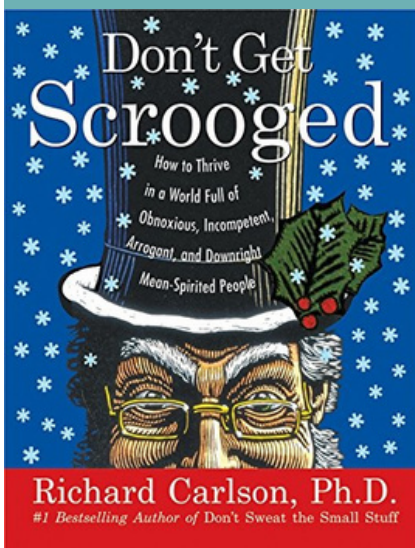
Emotional Regulation Skills and Anger Management for Parents Raising Special Needs Children with ADHD, Autism or Anger Problems

CATHERINE L. ABBOTT

Mom and Dad I Need You to Calm Down by Catherine L. Abbott

- The physiological effects of being an angry parent on the kids
- Understanding why your special needs kid acts the way they do
- How to respond to explosive behavior in a way that works

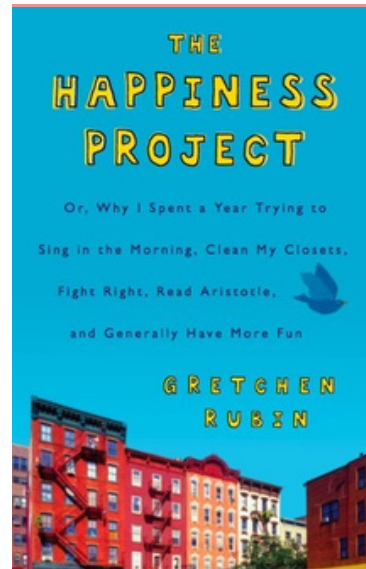
ADULT BOOKS



Don't Get Scrooged by Richard Carlson

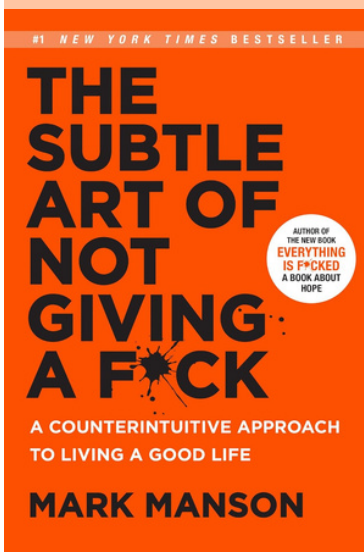
Tips for handling holiday “Scrooges”

- Ways to avoid, appease, or win them over
- Dealing with rude clerks, line-cutters, and grumpy bosses
- Managing difficult in-laws and uninvited guests



The Happiness Project by Gretchen Rubin

- Gretchen Rubin’s recognized she had lost focus on what mattered most. She explored insights from various sources and found that small changes, smart spending, and outer order can greatly enhance happiness



The Subtle Art of Not Giving a F#ck by Mark Manson

- Rejects forced positivity
- Honest, no-sugarcoating advice
- Happiness through acceptance, not denial
- Learn to live with limits and flaws
- Choose what truly matters
- Focus on values over money



Everything is F*cked by Mark Manson

- Why life feels broken despite material progress
- How modern culture breeds anxiety and hopelessness
- Challenging ideas of faith, happiness, and freedom

ADULT BOOKS



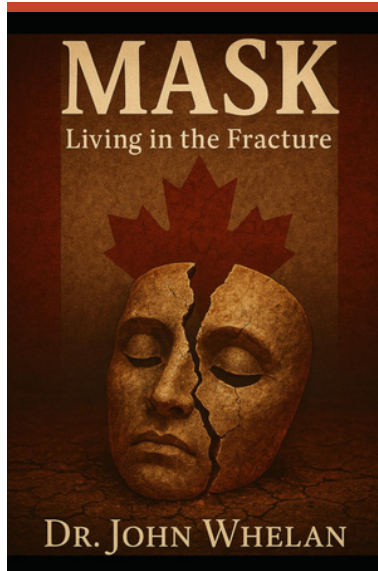
**Female Fear
Factory by Pulma
Dineo Goola**

- Drawing on global examples, Gqola exposes how fear is manufactured to control women—linking driving bans, harassment, and coercive authority to a patriarchal system that uses fear as punishment and control.



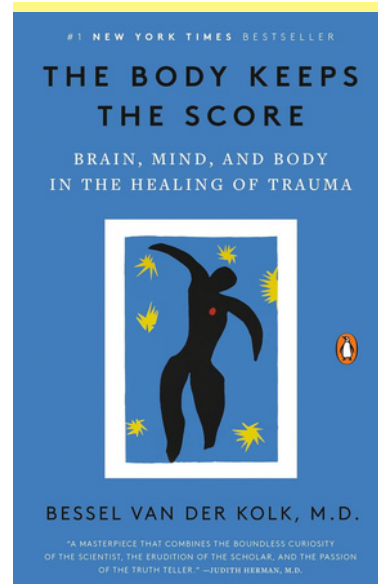
**The Queen's
English by Chloe
O. Davis**

- A playful, illustrated LGBTQIA+ visual dictionary
- Explains the origins of queer terms and phrases
- Traces queer language across history and culture



**Mask: Living in
the Fracture by
Dr. John Whelan**

- Explores injury caused by the institutions we serve
- Introduces the concept of institutional injury
- Based on 30+ years of work with soldiers and veterans
- Examines betrayal of identity



**The Body Keeps
the Score by
Bessel Van Der
Dolk**

- Shows how trauma reshapes the brain and body
- Explains effects on pleasure, trust, and self-control
- Explores science-based paths to healing

ADULT BOOKS

RELATIONSHIPS *Matter*



MANAGE YOUR THOUGHTS,
FEELINGS AND ACTIONS TO
DEVELOP AND MAINTAIN
HEALTHY RELATIONSHIPS

N I M I K A Y

Relationships Matter by Nimi Kay

- How to become aware of your thoughts and feelings
- How to steer your thoughts to generate happy feelings
- Removing dependency on external validation for happiness



Living Without Fear

PSYCHOEDUCATIONAL GUIDE
for Women Experiencing Gender-Based Violence

Dolores Mosquera

Living Without Fear by Dolores Mosquera

- Recognize signs and forms of gender-based violence
- Understand why abuse is hard to identify
- Explore trauma bonds and emotional attachment

From BATTLE SCARS to BENEFITS

The Relentless Pursuit of
Healing, Strength, and Rightful Rewards



NAOMI REYNOLDS

From Battle Scars to Benefits by Naomi Reynolds

- Honors the unseen wounds of women warriors
- Explores life from combat to civilian reintegration
- Centers women's resilience, sacrifice, and strength

SINCERELY, YOUR AUTISTIC CHILD

WHAT PEOPLE ON THE AUTISM SPECTRUM
WISH THEIR PARENTS KNEW ABOUT
GROWING UP, ACCEPTANCE, AND IDENTITY

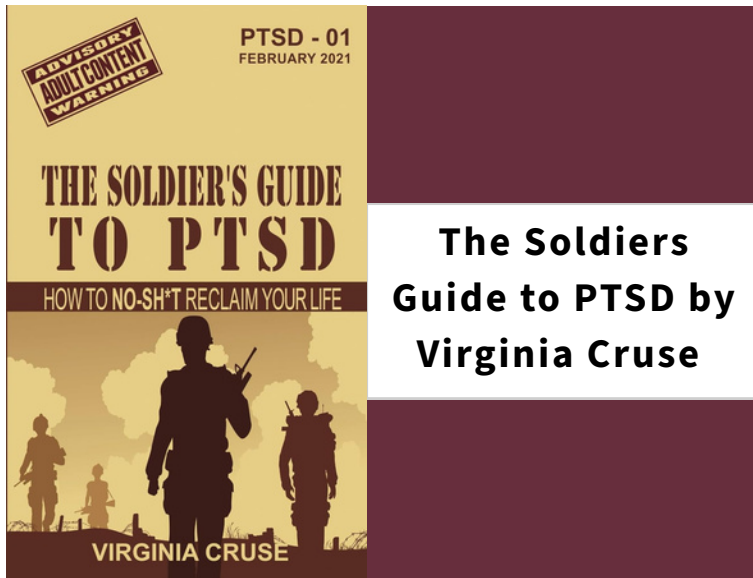
WINNER OF THE AUTISM SOCIETY OF AMERICA
OUTSTANDING LITERARY WORK OF THE YEAR

EDITED BY Emily Paige Ballou,
Sharon daVanport,
AND Morénike Giwa Onaiwu

Sincerely, Your Autistic Child by Emily Paige Ballou

- Voices of autistic people, for parents
- Helps avoid common parenting misconceptions
- Focuses on acceptance and celebration
- Written by autistic contributors

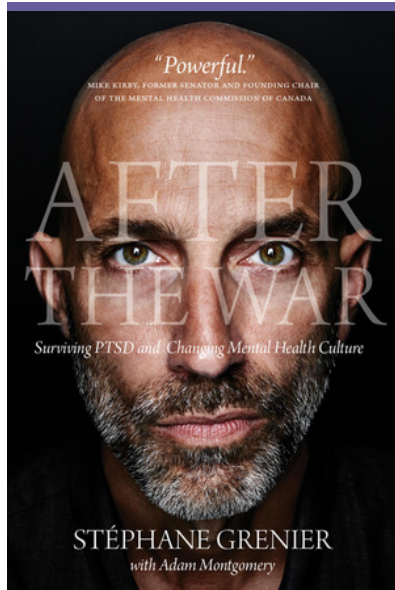
ADULT BOOKS



The Soldiers Guide to PTSD by Virginia Cruse

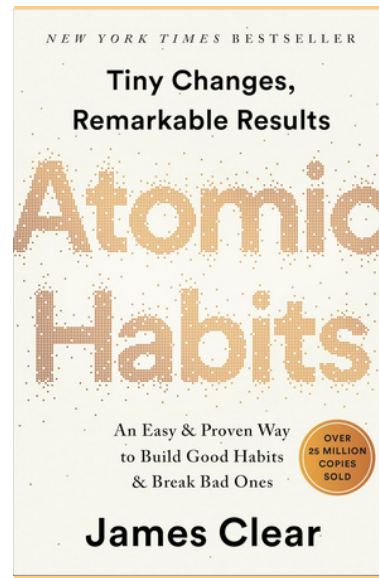
PTSD is, how it shows up, and what to do about it, you'll learn:

- What your brain is really doing
- How to recognize symptoms without judgment or shame
- What treatments work and what's just hype



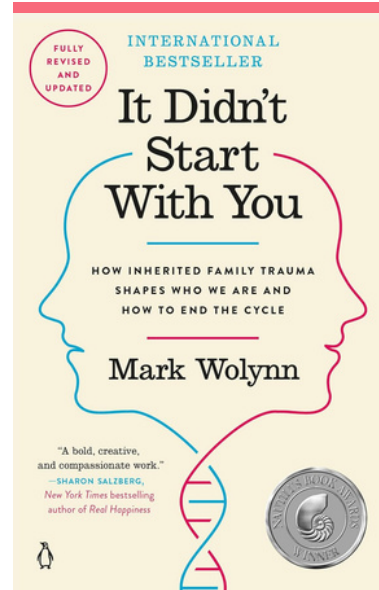
After the War by Stéphane Grenier

- Lieutenant Colonel Stéphane Grenier returned to Canada after serving in the 1994 Rwanda genocide, struggling with PTSD. He dedicated ten years to confronting and transforming the military mental health system from within



Atomic Habits by James Clear

- A proven system for building better habits
- Small changes, big impact
- Explains why habits fail and how to fix the system
- Learn to build good habits and break bad ones



It Didn't Start With You by Mark Wolynn

- Explores trauma passed down through generations
- Backed by cutting-edge trauma research
- Based on leading PTSD research
- Introduces the Core Language Approach

ADULT BOOKS

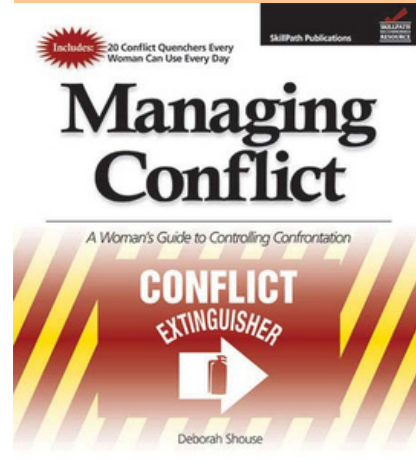
WHEN A FAMILY
IS IN TROUBLE



Children Can Cope With Grief From Drug And Alcohol Addiction
written by Marge Heegaard to be illustrated by children

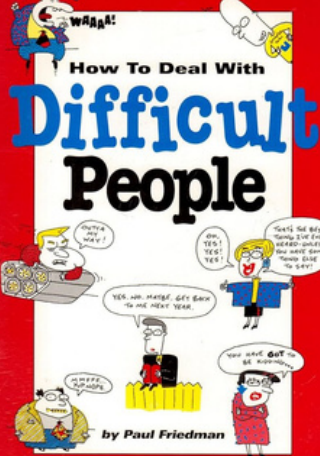
When a Family is in Trouble by Marge Eaton Heegaard

- Provides basic information about drug and alcohol addictions and encourages healthy coping skills.



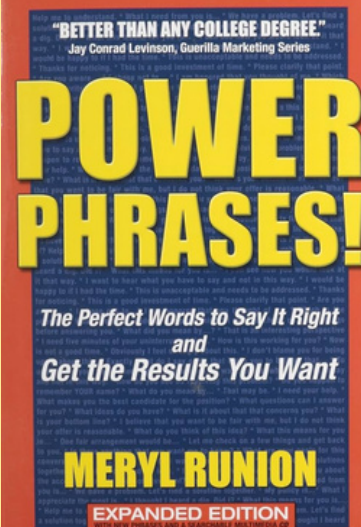
Managing Conflict, A Women's Guide to Controlling by Deborah Shouse

- Conflict is unavoidable but manageable
- It doesn't have to cause harm
- Practical strategies can reduce anxiety
- The right tools lead to positive outcomes



How to Deal with Difficult People by Paul Friedman

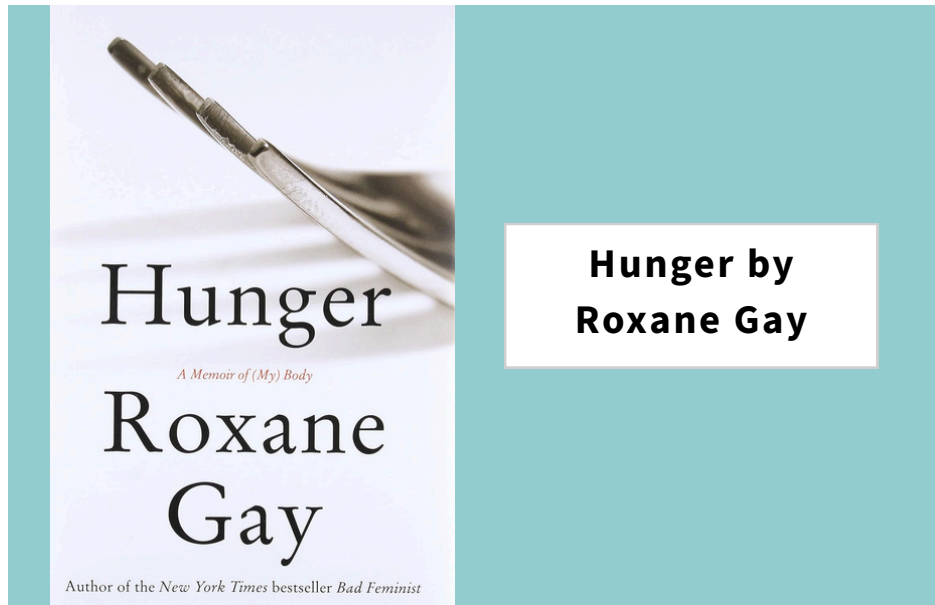
- This hands-on book contains both a "systems analysis" program and several self-study exercises to help you achieve and maintain harmonious relations with others.



Power Phrases by Meryl Runion

- PowerPhrases! gives you the exact words to communicate clearly, resolve conflict, and handle tough conversations with confidence.

ADULT BOOKS



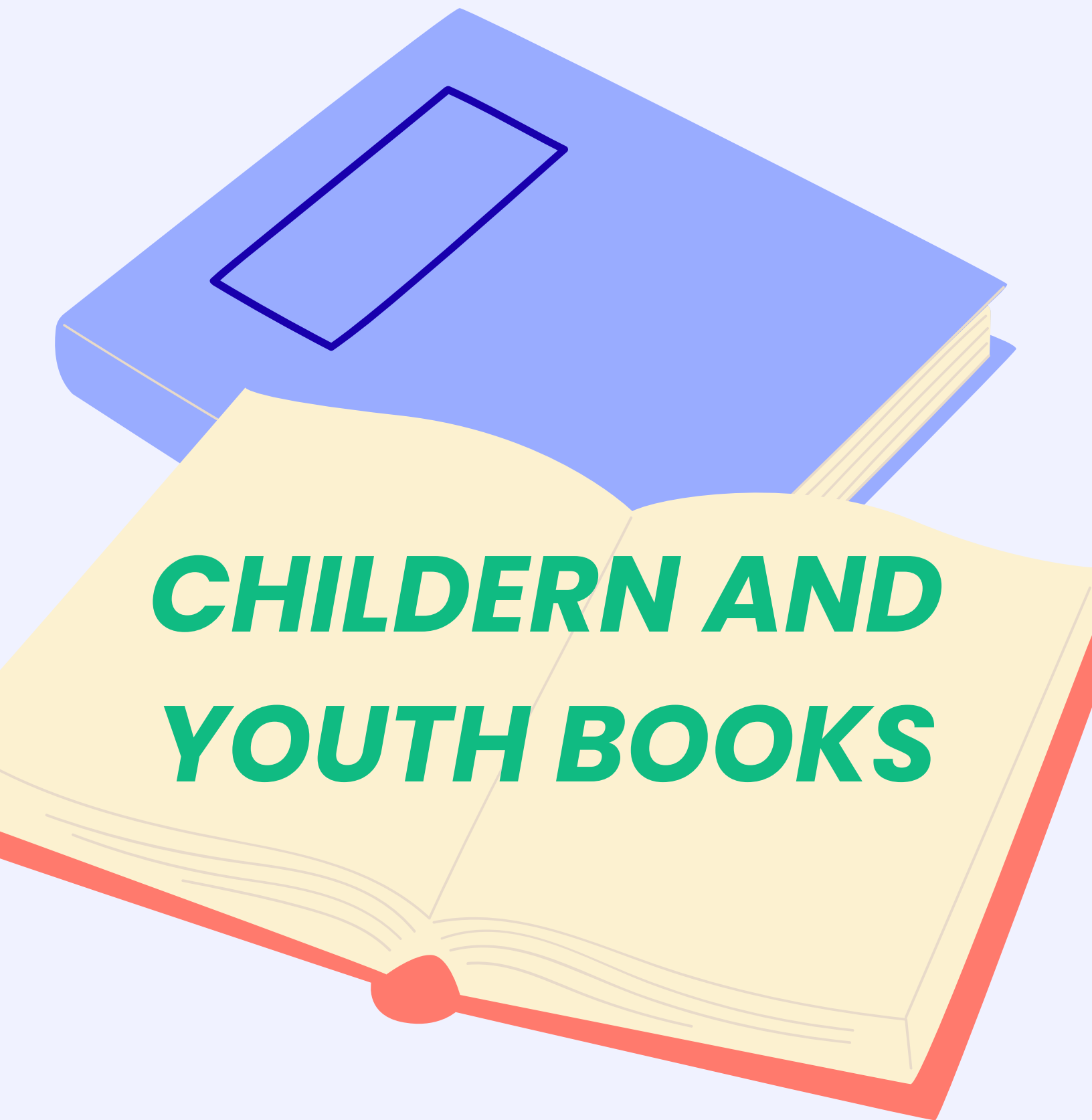
**Hunger by
Roxane Gay**

- **A deeply personal memoir by Roxane Gay**
- **Explores food, weight, and self-care**
- **Examines desire, shame, and self-acceptance**
- **Reflects on trauma and its lifelong impact**
- **Honest look at body image and health**
- **Written with candor, vulnerability**



**The Cost of Fear
by Meg Stone**

- **Challenges myths about personal safety**
- **Written by a violence-prevention expert**
- **Separates fear-based advice from real safety**
- **Looks at violence in daily life**
- **Offers practical, research-backed strategies**
- **Connects personal safety to social change**



***CHILDREN AND
YOUTH BOOKS***

CHILDREN AND YOUTH BOOKS

The DAY the CRAYONS Came HOME



The Day the Crayon Came Home by Drew Daywalt

- Duncan's crayons are back—and they've gone missing in all the wrong places. From broken, lost, and dryer-damaged crayons to those who've simply run away, each has a request: to be rescued and returned to the crayon box.



How to Stop Freaking Out by Carla Naumburg

- Learn what a freak-out really is, why stress makes us lose control, and how to stay calm. With fun quizzes and quick facts, this book helps kids understand that big feelings are normal and manageable.

The MindKit Chronicles

VOL. 1



The Mindkit Chronicles Vol. 1

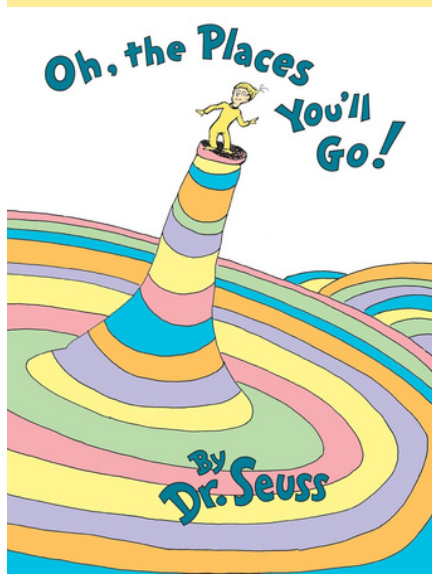
- Follow Thomas's journey as he finds out more about mental health and learns how to deal with his dad's posttraumatic stress injury (PTSI).



Rebel Girls Courageous Canadians

- This book highlights the remarkable achievements of Canadian women who have demonstrated exceptional courage and leadership. Their stories are encourage young readers to dream ambitiously and act with reliance.

CHILDREN AND YOUTH BOOKS



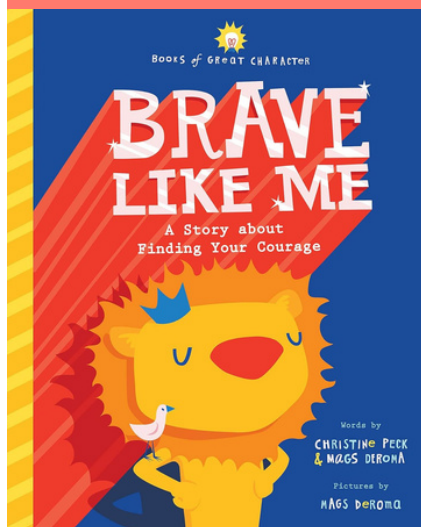
**Oh, the Places
You'll Go by
Doctor Seuss**

- The inspiring and timeless message encourages readers to find the success that lies within, no matter what challenges they face. A perennial favorite and a perfect gift for anyone starting a new phase in their life!



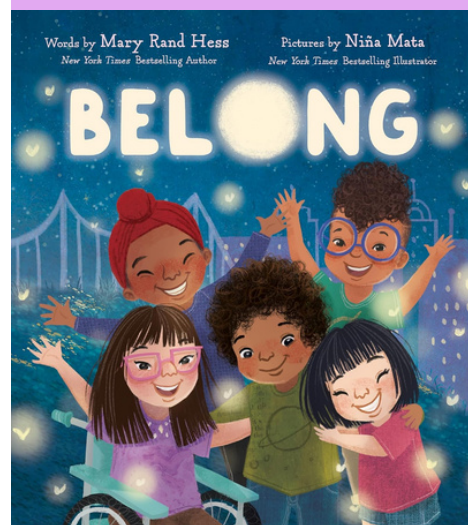
**How Are
You
Feeling?
by Lisa Fyfe**

- In *How Are You Feeling?*, Lisa Fyfe helps children recognize and talk about their emotions. With breathing exercises, a fun feelings wheel, and bright illustrations, the book gives kids simple tools to express and manage big feelings.



**Brave Like Me
by Christine
Peck and Mags
Deroma**

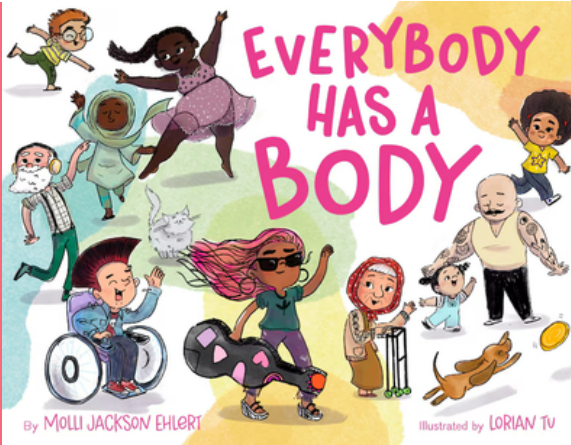
- Wyatt the lion is known for being brave—but he has a secret fear. When he must face it, Wyatt discovers what being truly brave really means. *Brave Like Me* helps kids find courage when they need it most.



**Belong by
Mary Rand
Hess**

- This joyful picture book delivers an uplifting message about accountability, persistence, and belonging.

CHILDREN AND YOUTH BOOKS



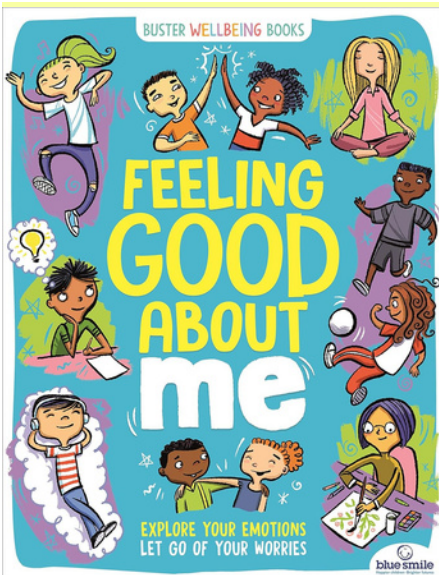
Everybody Has a Body by Molli Jackson Ehlert

- A body-neutral picture book celebrating all bodies
- Shows the many ways bodies can look and move
- Includes diverse abilities, sizes, and differences
- Focuses on what bodies do



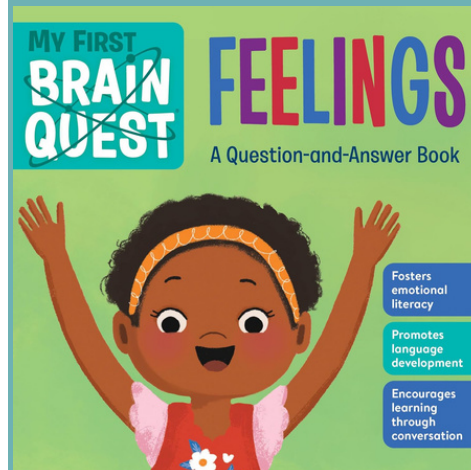
Our Diversity Makes Us Stronger by Elizabeth Cole

- To accept and celebrate diversity
- To be kind to those who are different
- To love themselves the way they are
- To boost self-confidence



Feeling Good About Me by Ellen Bailey

- A calming activity book for emotional exploration
- Helps build happiness and confidence
- Includes coloring pages, breathing exercises, and quotes



Feelings: A Question and Answer Book by My First Brain Quest

- Introduces babies and toddlers to 9 core emotions
- Builds early emotional literacy
- Supports social and emotional development
- Bright illustrations show emotions in real situations

CHILDREN AND YOUTH BOOKS



This Makes Me Happy by Courtney Carbone

- Follows a girl on a fair field trip
- Shows how happy days can include hard moments
- Explores feelings like disappointment and confidence
- Helps kids reflect on mixed emotions



This Makes Me Jealous by Courtney Carbone

- A story about jealousy and sharing the spotlight
- Follows a star athlete facing a new classmate
- Addresses feelings of jealousy
- Emphasizes kindness over competition



This Makes Me Scared by Courtney Carbone

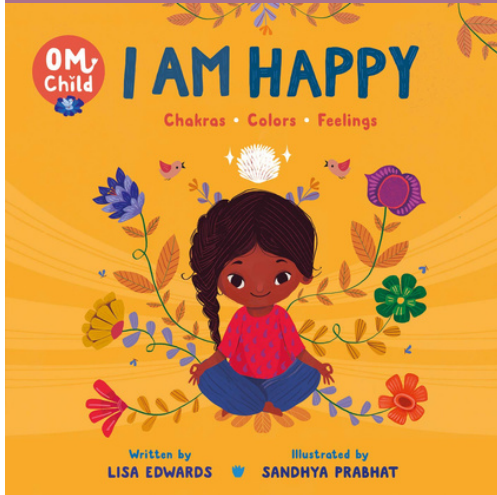
- A boy faces fear during swim lessons
- Explores anxiety, embarrassment, and self-doubt
- Shows coping skills
- Encourages facing fears step by step



Am I the Only One? by Treena Wynes

- Navigates the challenges of being a teen
- Addresses body changes, belonging, and independence
- Normalizes feeling overwhelmed or alone
- Reassures teens they're not alone

CHILDREN AND YOUTH BOOKS



**I am Happy
by Lisa
Edwards**

- A gentle introduction to emotions and colours explores chakras the body's energies, from the root chakra at the base of our spines to the crown chakra at the top of our heads.



**I am Kind
by Lisa
Edwards**

- A gentle introduction to compassion and empathy explores ahimsa, or nonviolence, and shows children how to practice compassion and gratefulness in their daily lives to themselves, to others, and to the world.



**I am Well
by Lisa
Edwards**

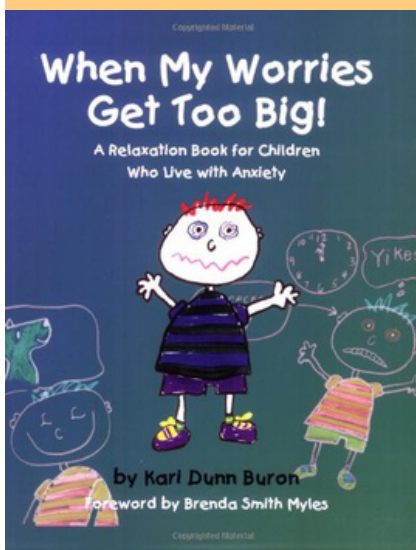
- I Am Well introduces young readers to simple, healthy habits inspired by Ayurveda, such as exercising, eating well, and getting enough sleep. This book offers a gentle, accessible way to teach kids about caring for their bodies and minds.



**I am Calm
by Lisa
Edwards**

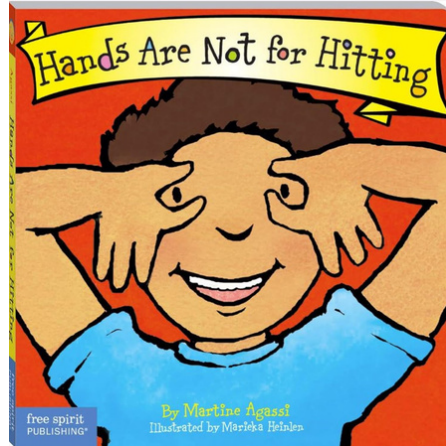
- I Am Calm introduces young readers to yin and yang and how there are many opposites that we balance in our lives. Sometimes we are quiet, but other times we are loud. Sometimes we go fast, but then we want to slow down!

CHILDREN AND YOUTH BOOKS



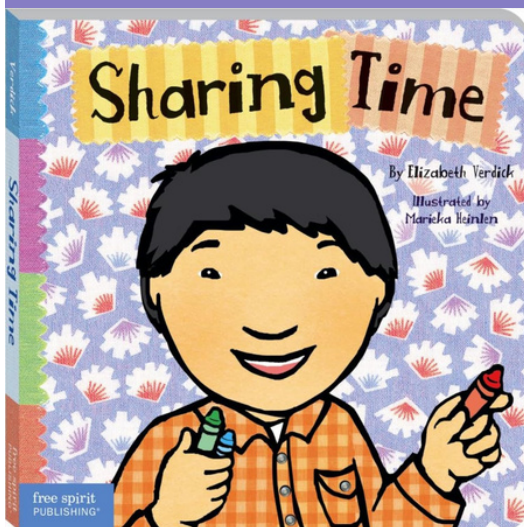
When My Worries Get Too Big!
by Kari Dunn Buron

- Anxiety is common in children
- Teaches kids to understand worries and calm their bodies
- Empowers children with simple coping skills
- Includes guidance for parents, teachers, and therapists



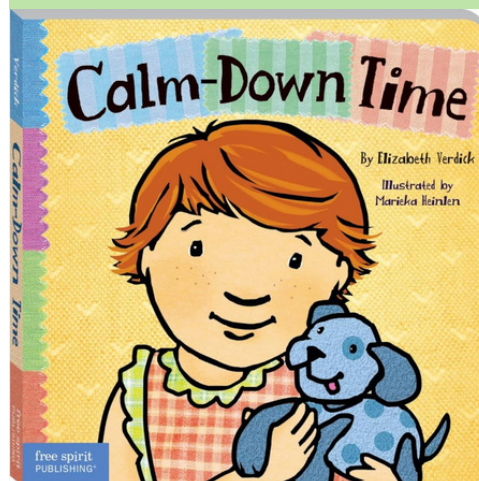
Hands Are Not for Hitting
by Martine Agassi

- Teaches young children that violence is never okay
- Shows how hands can be used for positive, loving actions
- Simple words and bright illustrations for early learners



Sharing Time
by Elizabeth Verdick

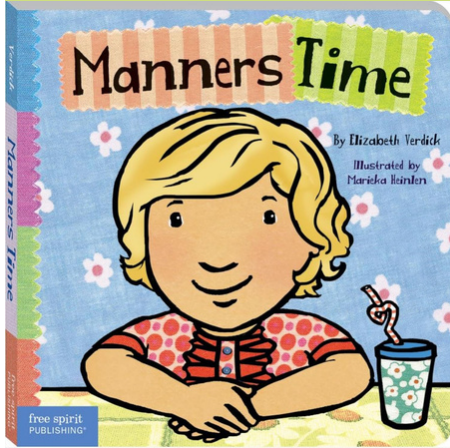
- Sharing can be fun and sometimes hard
- Shows kids where to get help when sharing is tricky
- Teaches that sharing can make everyone happy
- Includes tips



Calm-Down Time
by Elizabeth Verdick

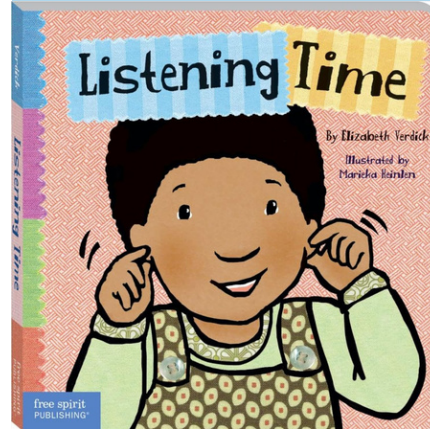
- Helps toddlers manage meltdowns and big feelings
- Teaches simple ways to release emotions and calm down
- Introduces a calming place with comfort strategies

CHILDREN AND YOUTH BOOKS



Manners Time
by Elizabeth
Verdick

- Teaches toddlers polite words and friendly manners
- Covers greetings, asking, apologizing, and saying no
- Builds early social skills for everyday situations
- Includes tips



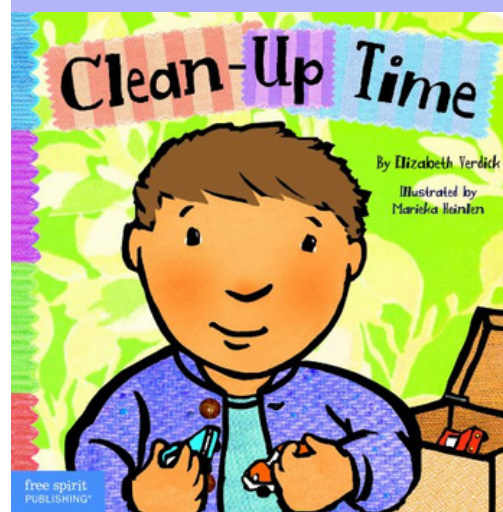
Listening Time
by Elizabeth
Verdick

- Teaches young children that violence is never okay
- Shows how hands can be used for positive, loving actions
- Simple words and bright illustrations for early learners



Bye-Bye
by Elizabeth
Verdick

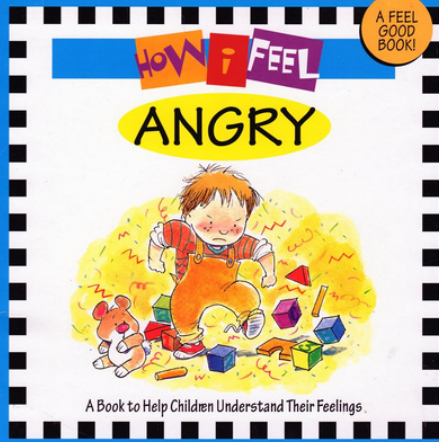
- Sharing can be fun and sometimes hard
- Shows kids where to get help when sharing is tricky
- Teaches that sharing can make everyone happy
- Includes tips



**Clean-Up
Time** by
Elizabeth
Verdick

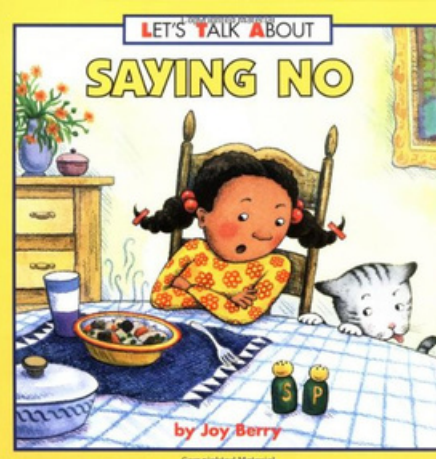
- Encourages children to work together
- Teaches tidying up and caring for shared spaces
- Shows clean-up can be fun and positive
- Helps create room for more play

CHILDREN AND YOUTH BOOKS



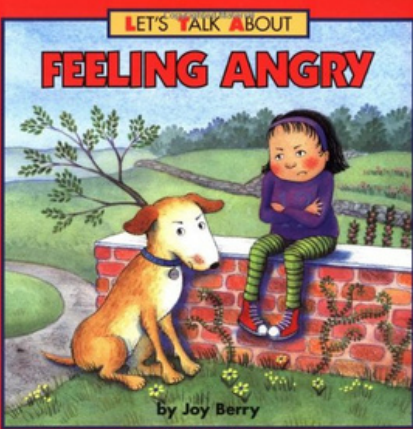
**How I Feel
Angry by
Marcia
Leonard**

- How I Feel books help children ages 2–6 recognize and name their emotions, giving them the words they need so parents can better support them.



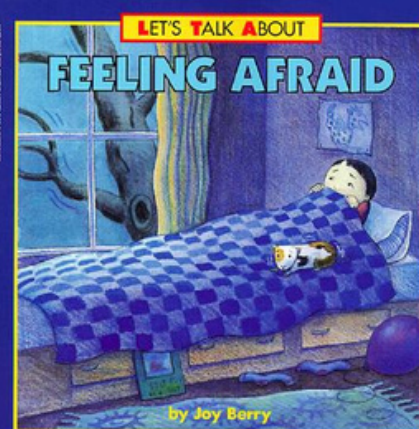
**Let's Talk
About
Saying No
by Joe
Berry**

- Let's Talk About Saying "No" explains when it is appropriate to say "no" and how to say it in a kind yet effective way.



**Let's Talk
About
Feeling
Angry
by Joy Berry**

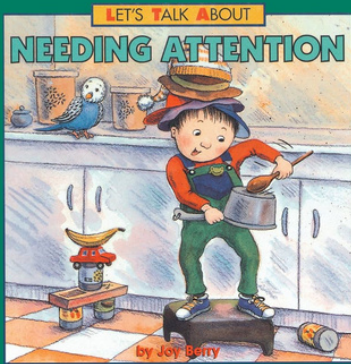
- Describes some of the things that make people angry, explains what not to do when angry, and suggests ways to handle one's anger.



**Let's Talk
About
Feeling
Afraid
by Joy Berry**

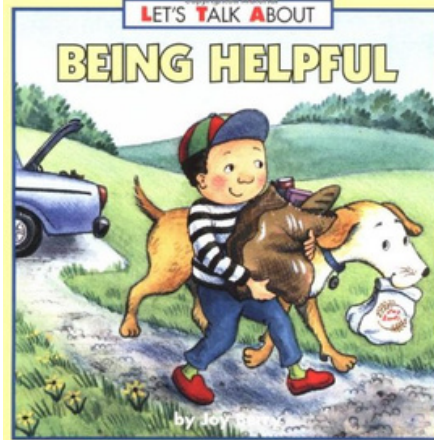
- "Feeling Afraid" discusses fear and its causes so that children can handle their fears in positive rather than negative ways.

CHILDREN AND YOUTH BOOKS



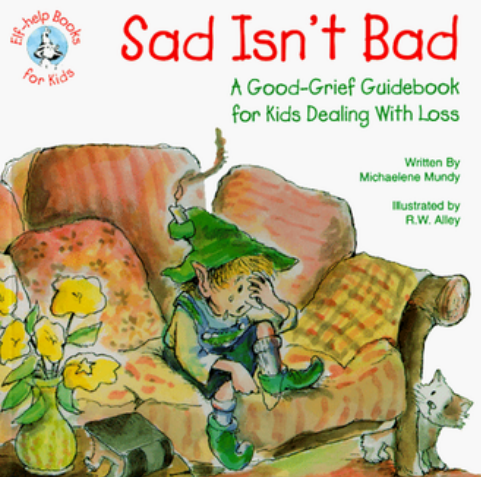
**Let's Talk About
Needing
Attention
by Joy Berry**

- This book acknowledges every child's need for attention and explains how to get positive instead of negative attention.



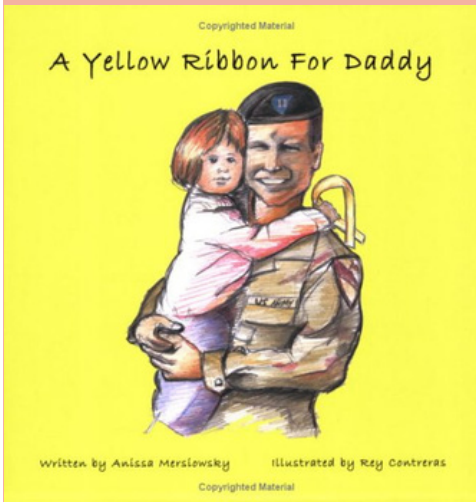
**Let's Talk About
Being
Helpful
by Joy Berry**

- Discusses how and why to do things that one does not always want to do, the importance of doing one's share, and the positive effects of making others happy by cooperating and being helpful



**Sad isn't
Bad by
Michaelene
Mundy**

- Loaded with positive, life-affirming advice for coping with loss as a child, this guide tells children what they need to know after a loss--that the world is still safe; life is good; and hurting hearts do mend.



**A Yellow
Ribbon for
Daddy by
Anissa
Mersiowsky**

- Book for military children going through a deployment. It asks the question from a child's perspective why their parent has gone to fight and protect other children and families.

CHILDREN AND YOUTH BOOKS



MOMMY, YOU'RE MY HERO!

Mommy,
You're My
Hero by
Michelle
Ferguson-
Cohen

- Helps military families talk with young children about a parent's deployment. Written from a child's perspective, the books offer comfort, simple explanations, and tips for staying connected, while encouraging reassurance.



DADDY, YOU'RE MY HERO!

Daddy, You're
My Hero by
Michelle
Ferguson-
Cohen

- Helps military families talk with young children about a parent's deployment. Written from a child's perspective, the books offer comfort, simple explanations, and tips for staying connected, while encouraging reassurance.



PUTTING ON THE BRAKES

Young People's Guide to Understanding
Attention Deficit Hyperactivity Disorder (ADHD)

PATRICIA O. QUINN, M.D.
JUDITH M. STERN, M.A.

Putting On The
Brakes by
Patricis Quinn &
Judith Stern

- This book helps children understand ADHD, answers their questions, and addresses their concerns, with updated guidance on medications and effective treatment strategies.



A Lift-the-Flap Book

What's Polite?

What's
Polite? by
Harriet
Ziefert

- Interactive lift-the-flaps introduce familiar objects as Scooter Pig dines out with his parents and learns restaurant manners—when to say please, thank you, and excuse me.

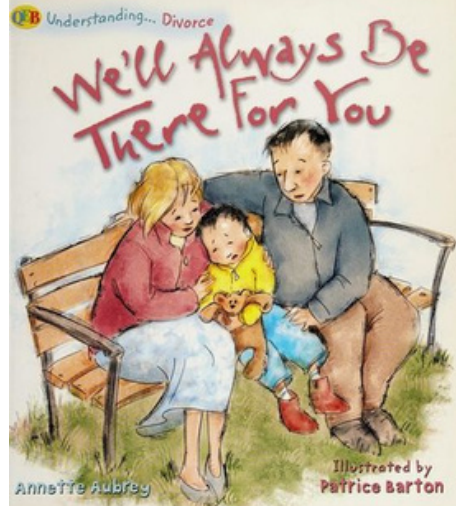
CHILDREN AND YOUTH BOOKS

Melanie Watt
Scaredy Squirrel
makes a friend



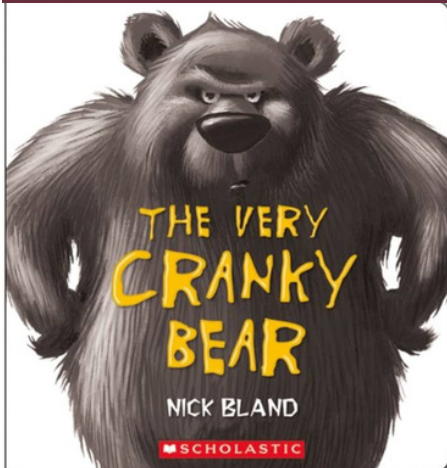
Scaredy Squirrel Makes a Friend by Melanie Watt

- Scaredy Squirrel returns with a new plan to make the perfect friend—but when things don't go as expected, he learns a surprising lesson about friendship.



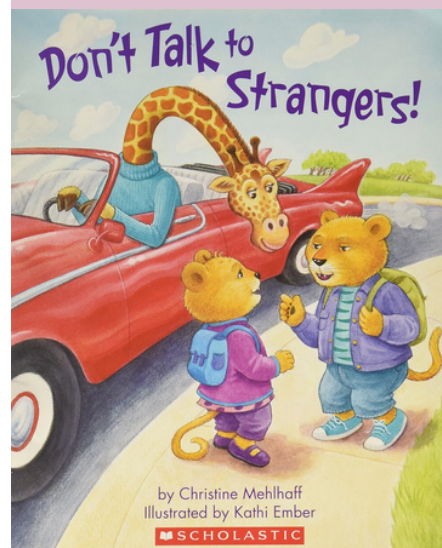
We'll Always Be There For You by Annette Aubrey

- This book helps young children cope with new, confusing, or upsetting situations that may affect them or those around them.



The Very Cranky Bear by Nick Bland

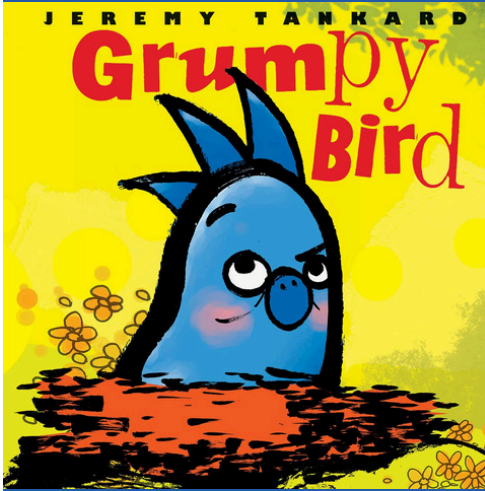
- Four friends stumble upon a cave in the Jingle Jangle Jungle—only to discover a very cranky bear inside. After their wild attempts to cheer him up fail, quiet Sheep finds the perfect solution in this funny and rhyming story



Don't Talk to Strangers by Christine Mehlhoff

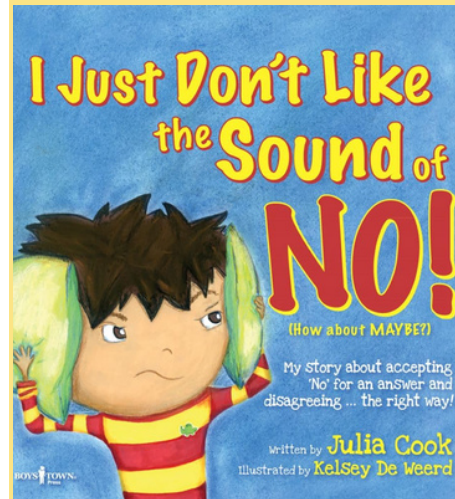
- Emma Lion loves to make new friends, but Mama tells her to be careful and never talk to strangers. Emma sees new people to meet everywhere she goes. How will she know who is a stranger?

CHILDREN AND YOUTH BOOKS



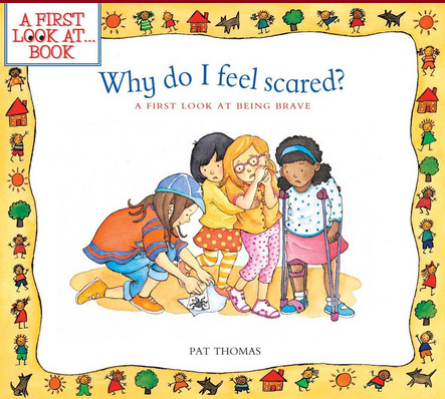
Grumpy Bird by Jeremy Tankard

- Grumpy Bird wakes up in a bad mood and goes for a walk—joined by new friends along the way—discovering that exercise and companionship can help chase the grumpies away.



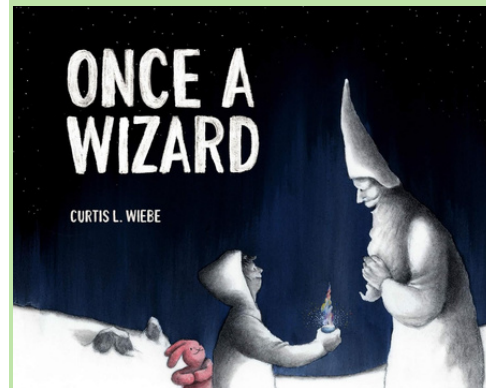
Just Don't Like the Sound of No! by Julia Cook

- Helps military families talk with young children about a parent's deployment. Written from a child's perspective, the books offer comfort, simple explanations, and tips for staying connected, while encouraging reassurance.



Why Do I Feel Scared? by Pat Thomas

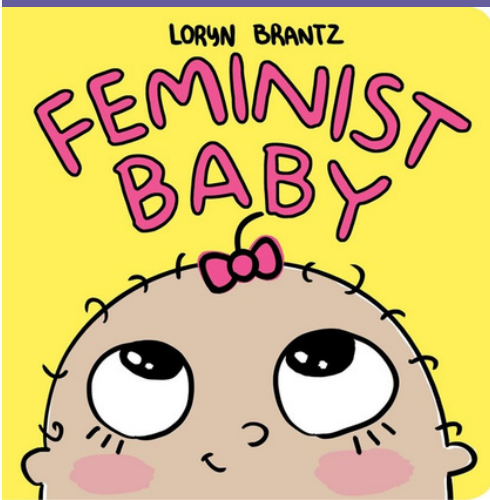
- Introduces young readers to the importance of being brave in different ways, even when it is uncomfortable or scary, and advises them that being scared of some things is normal, but they can still show courage when they are afraid.



Once a Wizard by Curtis L. Wiebe

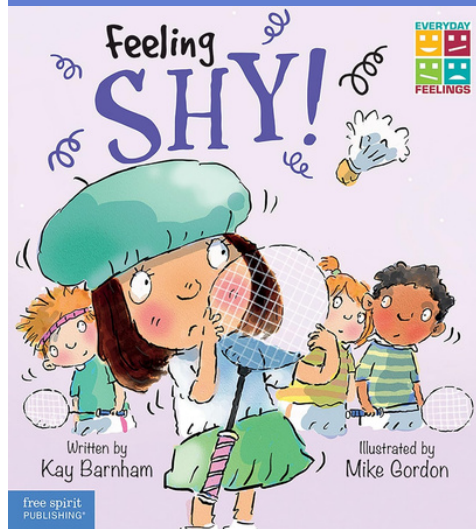
- After attending his uncle's funeral, Ari meets Uncle Wizard in a dream and embarks on a magical journey that helps him explore his feelings and find comfort in the memories that will live on.

CHILDREN AND YOUTH BOOKS



**Feminist
Baby by
Loryn
Brantz**

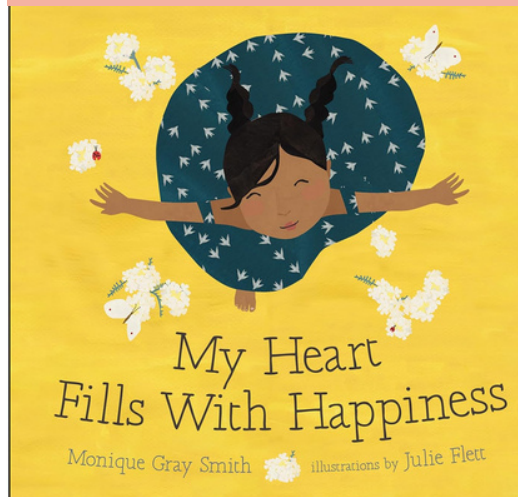
- Meet the irrepressible Feminist Baby! She's funny, fearless, and loves to make noise! Readers of all ages will adore this smart, refreshing board book that breaks down gender norms in an accessible way.



**Feeling Shy
by Kay
Barnham**

- Explores trauma passed down through generations
- Backed by cutting-edge trauma research
- Based on leading PTSD research
- Introduces the Core Language Approach

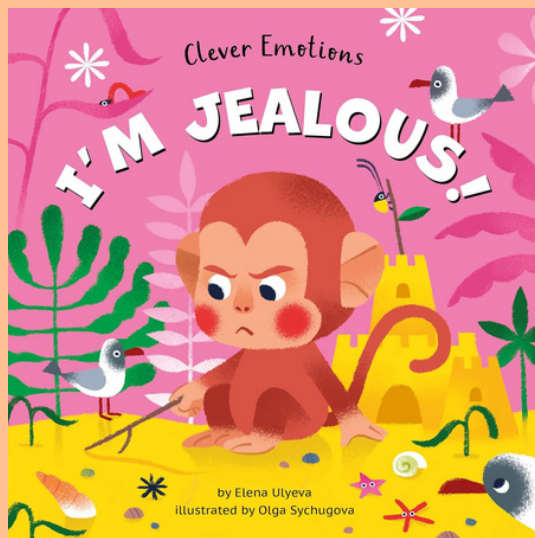
**The book is
published in both
English and Cree.**



**My Heart Fills
with Happiness
by Monique
Gray Smith**

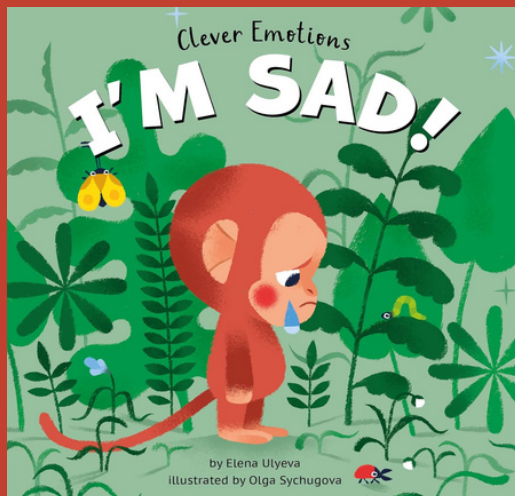
- Celebrates everyday moments that bring joy
- Encourages mindfulness and gratitude
- Beautifully illustrated by Julie Flett
- Written to support Indigenous wellness
- Invites children to reflect on happiness

CHILDREN AND YOUTH BOOKS



**I'm Jealous by
Elena Ulyeva**

- **Milo the monkey feels jealous when he discovers that his new friend, Vicky, has something he doesn't. And that makes Milo feel jealous! An ideal way to introduce children to strong emotions, and how to recognize and handle them.**



**I'm Sad by
Elena Ulyeva**

- **Milo the monkey feels sad when his mom goes on a trip and nothing seems to make him feel better —not school, friends, or playtime. With help from his kind teacher, Milo learns a gentle way to cope with big feelings.**



***CHILD AND YOUTH
BOOKS IN BOTH
ENGLISH AND FRENCH***



**SCAN THE QR CODE FOR
THE DIGITAL VERSION
OF THESE BOOKS!**

CHILD AND YOUTH BOOKS IN BOTH ENGLISH AND FRENCH

'D' is for Deployment Emma Raps it up



Author: Marg Rogers | Illustration and Graphic Design: Laura Hanek

D is for Deployment by Marg Rogers

- **D is for Deployment follows Emma as she explores difficult emotions and shows how facing the deployment cycle together can strengthen family bonds.**

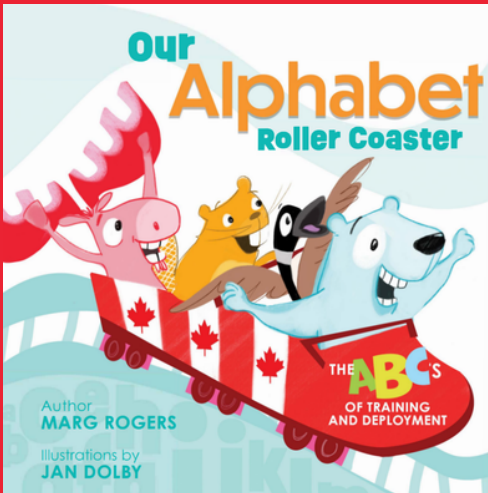
And so, things have been a bit different



And So, Things Have Been A Bit Different by Marg Rogers

- **This book helps parents and family workers talk with children in CAF families about a parent's service-related physical injury, using illustrated characters like Oliver the kangaroo.**

Our Alphabet Roller Coaster



Author
MARG ROGERS
Illustrations by
JAN DOLBY

Our Alphabet Roller Coaster by Marg Rogers

- **This colourful ABC book helps young military children see their families and emotions reflected in stories that guide them through military life.**



My Colourful Kite by Marg Rogers

- **Nick's reactions reflect the experiences of children in military and public safety families during parental separations for training or deployment.**

CHILD AND YOUTH BOOKS IN BOTH ENGLISH AND FRENCH



We Will Remember by Nicola Webb

- **This book is a heartfelt tribute to the bravery and sacrifice of soldiers who fought for peace. Written in poetic verse, this book captures the solemnity of remembrance. Each page reflects on the courage of soldiers-those who rest beneath white stones, in the earth, or lost at sea-and invites readers to pause and reflect on the profound cost of freedom.**



Where Will The Wind Blow by Nicola Webb

This book aims to capture the uncertainty that military children in particular live with each month. They see their friends leave, and know one day they will move too. Designed to be a conversation starter and an acknowledgement that they are not alone. This delightful poem is brought to life through the pictures of military children making the most of every day.



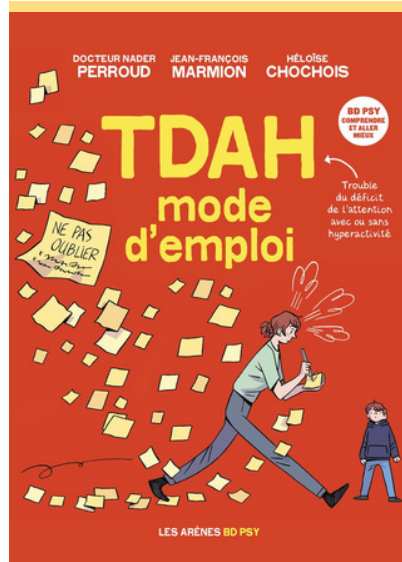
FRENCH BOOKS

FRENCH ONLY BOOKS



Tdah mode d'emploi par Nader Perroud

- **Le TDA/H chez l'adulte n'est pas un manque de volonté, mais un cerveau qui fonctionne autrement. Cette BD accessible et validée scientifiquement aide à comprendre ses mécanismes, mieux s'organiser, apaiser le chaos intérieur et lâcher la culpabilité.**



ADHD User Guide by Nader Perroud

- **ADHD in adults isn't a lack of willpower, but a brain that works differently. This accessible, scientifically validated comic book helps readers understand how ADHD works, get better organized, and calm their inner chaos.**



Je Me Pose Des Questions sur la mort

- **Où allons-nous quand on meurt ? Pourquoi est-ce qu'on se sent triste quand quelqu'un meurt ? Et pourquoi est-ce qu'on a souvent peur quand on pense à la mort ? Tu te poses beaucoup de questions sur la mort ? Ce livre t'aidera à comprendre ce qui se passe.**



I'm Wondering About the Future

- **Where do we go when we die? Why do we feel sad when someone dies? And why is it often scary to think about death? Do you have a lot of questions about death? This book helps you understand what happens.**

FRENCH ONLY BOOKS



C'est pas juste
dans ta tête

- **Un guide simple et drôle pour comprendre l'anxiété, ses formes, ses aspects positifs, et apprendre à mieux la gérer au quotidien.**



It's Not Just In
Your Head

- **A simple and humorous guide to understanding anxiety, its different forms, and its positive aspects, and to learning how to better manage it in your daily life.**



Les Ecrans et
moi

- **Une journaliste et un psychiatre décryptent les usages du numérique, leurs effets sur la santé et les idées reçues, et proposent des conseils pratiques pour éviter les pièges et garder un esprit critique.**



Screens and Me

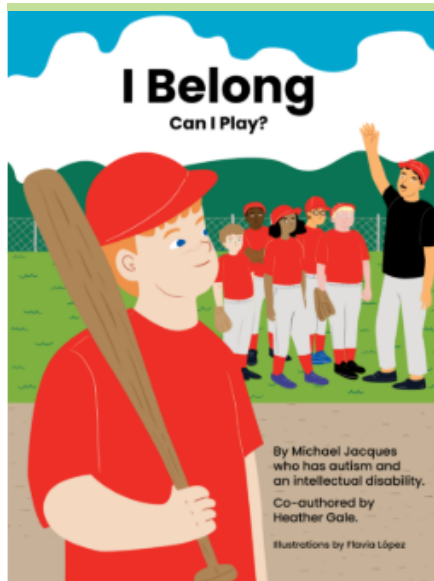
- **A journalist and a psychiatrist examine digital habits, their impact on health, and common misconceptions, and offer practical advice on how to avoid pitfalls and maintain a critical mindset.**

FRENCH ONLY BOOKS



« J'ai ma place : je peux jouer ? » Par Michael Jacques

- **I Belong : Can I Play?** raconte l'histoire de Michael Jacques, qui est autiste et présente une déficience intellectuelle. Tous les enfants aiment se sentir intégrés, alors quand on est différent, ce n'est pas toujours facile de se joindre aux autres et de s'amuser.



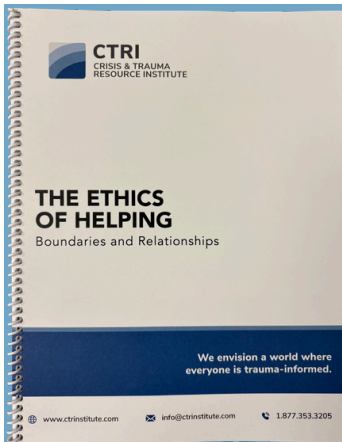
I Belong: Can I Play?
By Michael Jacques

- **I Belong: Can I Play?** is about Michael Jacques who has autism and an intellectual disability. All kids love to feel included, so when you are different, it's not always easy to join in and have fun.



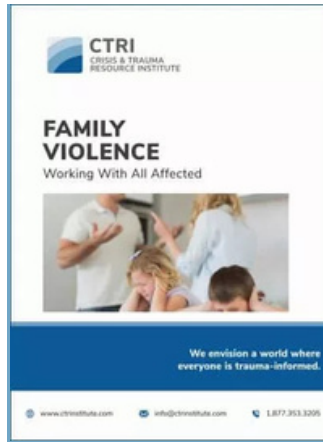
***CRISIS & TRAUMA
RESOURCE INSTITUTE
MANUALS***

CTRI MANUELS



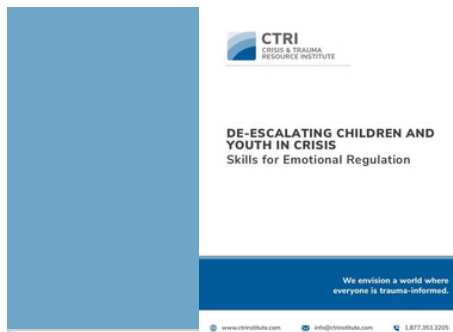
The Ethics of Helping

- This manual is designed to give individuals and organizations an opportunity to review common principles and standards for ethical practice that are relevant.



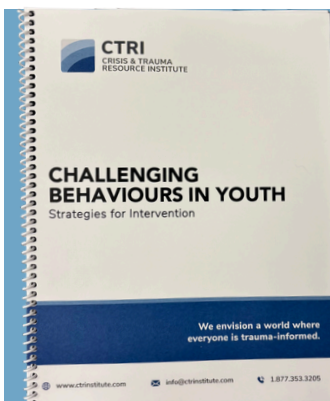
Family Violence

- This manual examines different forms of violence within family relationships, including psychological, emotional, physical, and sexual abuse.



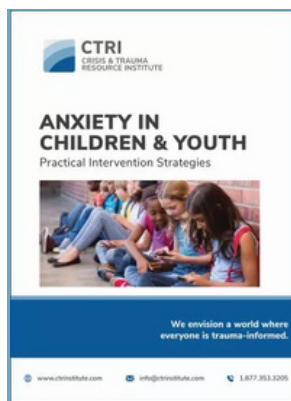
De-Escalating Children and Youth in Crisis

- This manual explains the roots of difficult behaviors and offers strategies to help children and youth cope and move forward during developmental challenges and crises.



Challenging Behaviours in Youth

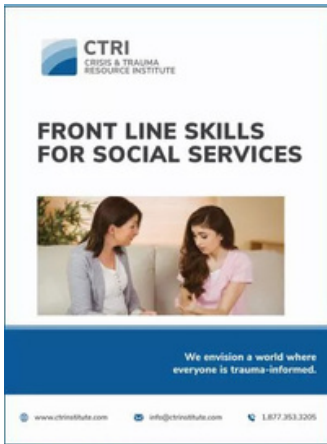
- This manual explores behaviors related to aggression, resistance, and connection-seeking, along with intervention strategies you can use in your own work with youth.



Anxiety in Children and Youth

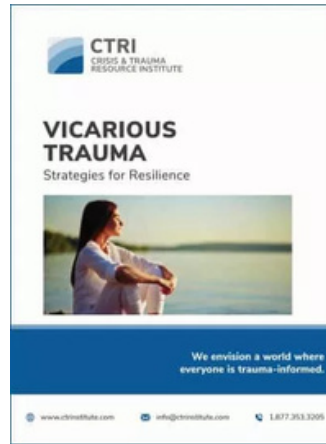
- This manual outlines how anxiety affects the nervous system and offers tools for supporting children and youth.

CTRI MANUELS



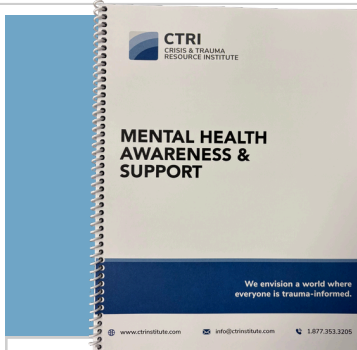
Front Line Skills for Social Services

- A concise guide to core helping skills that supports ethical practice, effective service, and resilience.



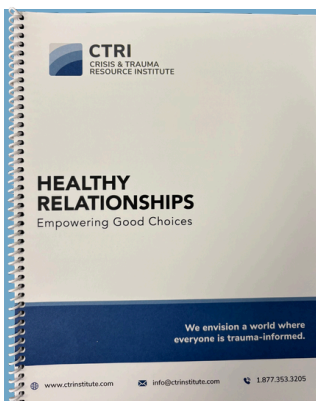
Vicarious Trauma

- This manual will provide readers with the opportunity to examine their own experiences and become aware of the signs of both vicarious trauma and vicarious growth.



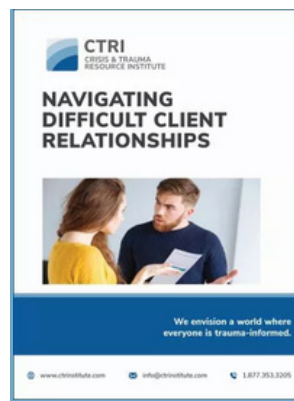
Mental Health Awareness and Support

- This manual explores factors affecting mental health and provides a general overview of common adult mental illness.



Healthy Relationships

- This manual will help participants analyze what factors contribute to healthy relationships and how to recognize signs of unhealthy relationships.



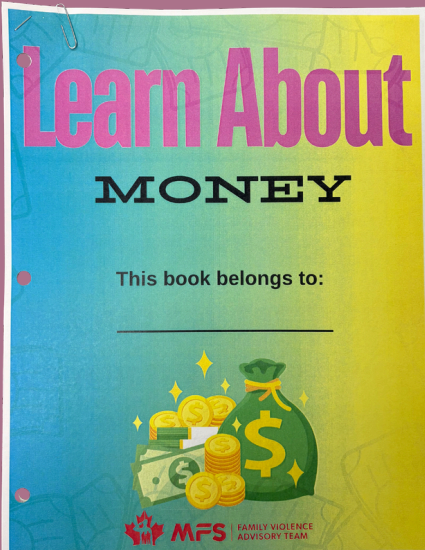
Navigating Difficult Client Relationships

- This manual examines factors behind challenging client interactions and uses case studies to show how shifting approaches can create healthier outcomes.



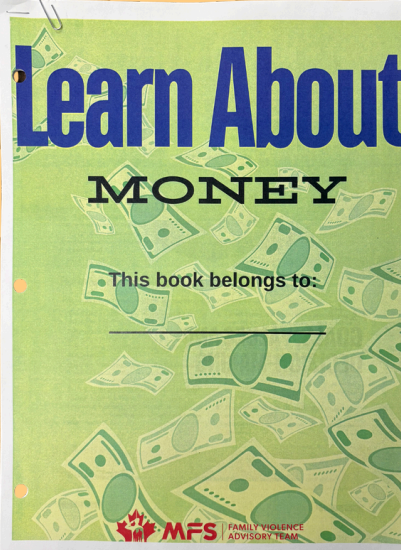
***RESOURCE KITS
AND GUIDES***

RESOURCE KITS AND GUIDES



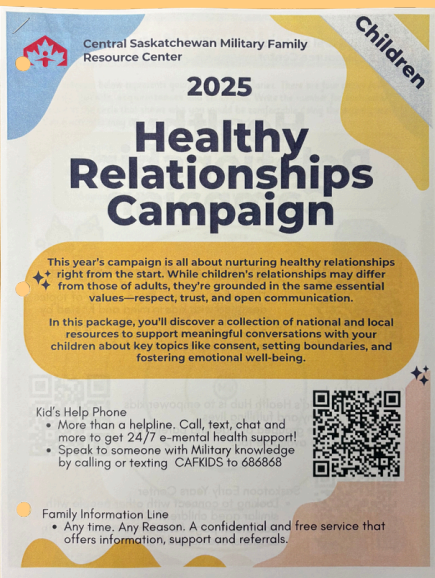
I am Happy
by Lisa
Edwards

- Fun, interactive kids' book that introduces money basics
- Includes activities, games, and questions to keep kids engaged
- Uses simple language and colorful examples



I am Kind
by Lisa
Edwards

- Introduces money concepts in a fun, hands-on way
- Uses activities, questions, and games to keep readers engaged
- Builds basic financial confidence and vocabulary



Healthy
Relationship
Campaign
Children

- This booklet provides comprehensive guidance on fostering healthy relationships from the very beginning.



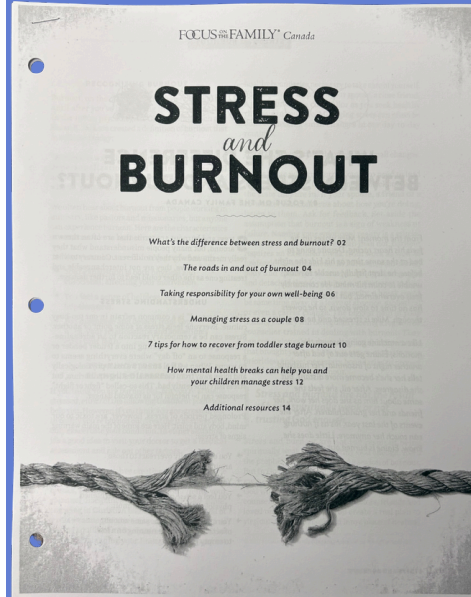
Healthy
Relationship
Campaign
Youth and
Adult

- This booklet highlights what defines a healthy relationship and how to nurture one during the early stages of dating and new connections.

RESOURCE KITS AND GUIDES



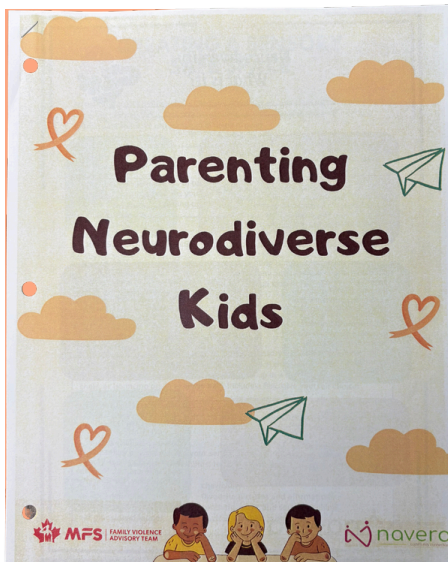
Getting and Earning Money



Stress and Burnout

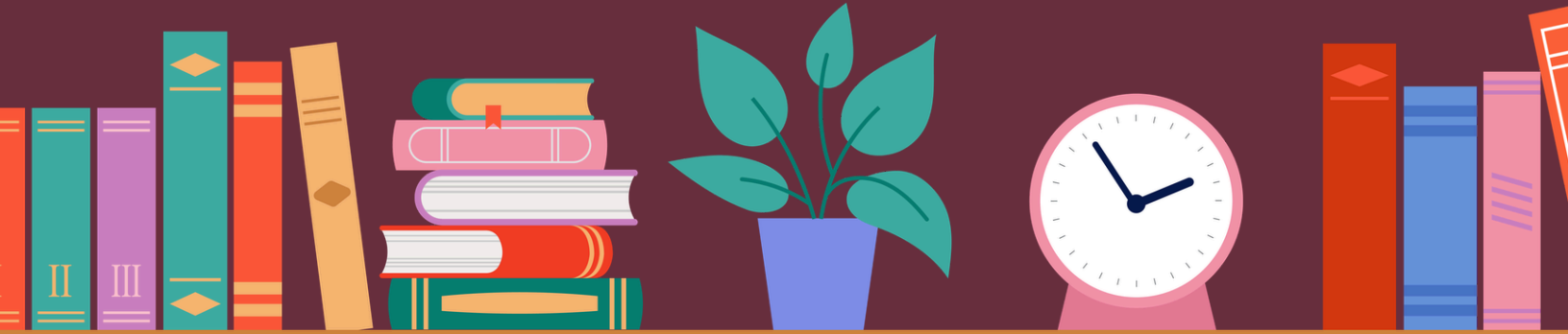
- Explains how income is created through skills, work, and value
- Encourages a strong work ethic and personal responsibility
- Discusses saving and investing
- Highlights the importance of financial literacy

- Understand stress vs. burnout
- Set healthy boundaries
- Take responsibility for well-being
- Manage stress in marriage and parenting



Parenting Neurodiverse Kids

- With vibrant images and interactive activities, this book will help you talk to your child about their unique brain using empowering, strengths-based, affirming language.



**IF YOU HAVE ANY SUGGESTIONS FOR TOPICS,
BOOKS, OR LANGUAGES TO INCLUDE IN THE
LIBRARY, PLEASE CONTACT MEGAN BOUFFORD
AT MEGAN.BOUFFORD@CSMFRC.CA!**

