

Applications

- Head-Space
- Calm
- Insight Timer



Online Resources

- Go Zen - <https://gozen.com>
- Go Noodle - <https://www.gonoodle.com>
- NAMI - <https://www.nami.org>

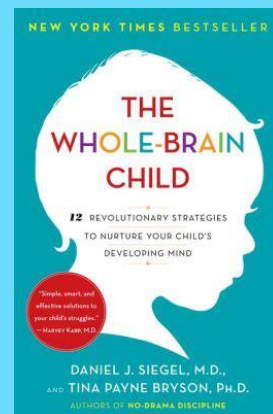
Places To Go

- Kittery Community Center
- Families First – <https://www.familiesfirstseacoast.org/>



Literature

- The Whole Brain Child – Dan Siegel
- Brainstorm – Dan Siegel
<https://www.drdansiegel.com/>



In Person and Online

- Talk to your Child's School Counselor
- Anxious Kids Anxious Parents – Lynn Lyons
<http://www.lynnlyonsnh.com/>
- Outsmarting Your Worry – Dawn Huebner
<https://www.dawnhuebnerphd.com/>

Alternative Resources

- Reiki and Massage at York Hospital FMI 351-3901
- Reiki and EFT tapping
<http://www.thereikicenter.net/tappingeft.html>
- Weighted blanket
- Humor

<https://www.parentcoachplan.com/parenting-humor.php>

Activities

<http://www.seacoastkidscalendar.com/>

<https://www.kitterycommunitycenter.org/youth-programs/>

