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## Anxiety

1. **Freeing Your Child From Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias**  
Chansky, Tamar E. 2004    
2. **The Worried Child: Recognizing Anxiety in Children and Helping Them Heal** Foxman, Paul, 2004   *This book is also available at over 20 libraries in Southern Alberta; inquire at your local branch.*
3. **The Anxiety Cure for Kids: A Guide for Parents**  
Spencer, Elizabeth DuPont, DuPont, Robert L., Dupont, Caroline M. 2003  
4. **Your Anxious Child: Raising a Healthy Child in a Frightening World** Shaw, Mary Ann, 2003    
5. **Helping Your Anxious Child: A Step-by-step Guide for Parents**  
Rapee, Ronald M. and others, 2000     
6. **Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children** Dacey, John S., Fiore, Lisa B. 2000    
7. **Raising Your Spirited Child: A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent, Energetic**  
Korcinka, Mary Sheedy, 1991           
9. **Canadian Paediatric Society** [www.caringforkids.cps.ca/behaviour/fears.htm](http://www.caringforkids.cps.ca/behaviour/fears.htm)
10. **Anxiety Disorders Association of America**  
[www.adaa.org/AnxietyDisorderInfor/ChildrenAdo.cfm](http://www.adaa.org/AnxietyDisorderInfor/ChildrenAdo.cfm)
11. **American Academy of Child & Adolescent Psychiatry**  
[www.aacap.org/publications/factsfam/anxious.htm](http://www.aacap.org/publications/factsfam/anxious.htm)
12. **Kids' Health** [www.kidshealth.org/parent/emotions/feelings/anxiety.html](http://www.kidshealth.org/parent/emotions/feelings/anxiety.html)

Materials can be borrowed through inter-library loan



**Family & Community Resource Centre**



**Calgary Public Library**



Banff Library



Hinton Library



Taber Library



Bassano Library



Lethbridge Library



Three Hills Library



Brooks Library



Medicine Hat Library



Trochu Library



Canmore Library



Okotoks Library



High River Library



Red Deer Library

## Disclaimer

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This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

For additional resources or information regarding **Anxiety** please call or visit:

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**The Southern Alberta Family &  
Community Resource Centre**

Alberta Children's Hospital  
2888 Shaganappi Trail NW  
Calgary, AB T3B 6A8  
Phone: (403) 955-FCRC(3272)

For additional support in child health information needs please contact our Child Health Information Specialist at 955-7745, toll free at 1-877-943-FCRC(3272) or email [childhealthinfo@calgaryhealthregion.ca](mailto:childhealthinfo@calgaryhealthregion.ca).

Or you can call:

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**HealthLink**

**Toll Free: 1-866-408-5465** (within Alberta)  
Phone: (403) 955-5465

**Alberta Mental Health Board Information Line**

Phone: 1-877-303-2642

**Access Mental Health**

Phone: (403) 955-1500

## Contributing Partners

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**Southern Alberta Child & Youth Health Network:**  
Healthy Minds / Healthy Children Capacity Building Project

**Calgary Health Region:**  
Child & Adolescent Shared Mental Health Care Program

**Alberta Children's Hospital:**  
Mood & Anxiety Clinic  
Pharmacy Department



All of our Information Prescriptions are available for free download at: [www.sacyhn.ca/pages/publications.html](http://www.sacyhn.ca/pages/publications.html)