Coping with Food Allergy Anxiety: Back to School and More
Resources to Accompany
Kids With Food Allergies Webinar on August 11, 2015
with
Dr. Gianine D. Rosenblum, Ph.D.

Please consider purchasing through our Amazon link
If you decide to purchase any of these books - Kids With Food Allergies will benefit:

http://www.amazon.com/?tag=kidswithfooda-20

Books About Anxiety and Strategies to Reduce Anxiety


Workbooks for Kids:


**Books About Emotions for Young Children:**


**Online Resources:**

[UCLA Mindful Awareness Research Center – Guided Meditations](https://www.uclamind.org/)

[Anxiety BC](https://www.anxietybc.com/) – Canadian non-profit website with educational and self-help resources. Information for adults and youth

[Anxiety and Depression Association of America](https://www.adaa.org/)

[American Psychological Association](https://www.apa.org/)


**Article**


**Finding a Therapist:**

Contact your state’s Psychological Association (e.g., New Jersey Psychological Association)

[Psychology Today Website](https://www.psychologytoday.com)

[American Psychological Association](https://www.apa.org/)

http://locator.apa.org/