



# École St. Avila

633 Patricia Ave. | Winnipeg, MB R3T 3A8 | 204.269.5677  
[www.pembinatrails.ca/stavila](http://www.pembinatrails.ca/stavila)

December 1, 2021

**Hello Parents,**

I hope this email finds you doing well. We have had a good start to the year! We are so happy to be back together again, as a school family. Being with your children, hearing the learning and laughter through the halls, warms our hearts.

I would like to share some of my favourite websites, resources and books with you. Feel free to save this for quick reference, when needed.

*Sending greetings & hugs to all our families.* 

Most Sincerely,

**Mme Lewis**

## **Resources**

**South Winnipeg Family Resource Centre:**

<http://events.r20.constantcontact.com/register/event?oeidk=a07eiiwmbnc91efb23&llr=qvvnvztkab>

**KIDTHINK:**

<https://www.kidthink.ca/what-is-kidthink/>

**Family Dynamics:**

<https://familydynamics.ca/>

**KIDS HELP PHONE:**

<https://kidshelpphone.ca/>

**Anxiety Canada:**

<https://www.anxietycanada.com/articles/parent-child/>

**\*Book suggestions, by age, for helping kids manage anxiety and worries\*:**

<https://www.familyeducation.com/childrens-books/the-best-books-about-anxiety-for-kids-an-age-by-age-guide>

**Child Mind Institute:**

<https://childmind.org/topics/anxiety/>



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## Anxiety Disorders Association of Manitoba:

<https://www.adam.mb.ca/>

## Kids Health:

<https://kidshealth.org/en/parents/worrying.html>

## SMALL TALK CBS KIDS (Series of talks):

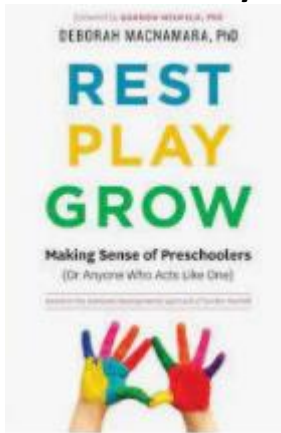
<https://www.youtube.com/watch?v=wna6CsZYfBA>

## Institute of Child Psychology:

<https://instituteofchildpsychology.com/course-library/>

## 😊 *Two of my favourite parenting books:*

### REST PLAY GROW By: Deborah Macnamara



### HOLD ON TO YOUR KIDS: By: Gordon Neufeld

