**Resiliency Resources**

* [anxietybc.com](http://www.anxietybc.com) [youthanxietybc.com](file:///C%3A%5CUsers%5C9407188%5CAppData%5CLocal%5CTemp%5Cfcctemp%5Cyouthanxietybc.com)

 includes link to [mindshift](file:///C%3A%5CUsers%5C9407188%5CAppData%5CLocal%5CTemp%5Cfcctemp%5Cmindshift) app (itunes)

* [calm.com](http://www.calm.com) - includes link to Calm app(itunes)
* [mindfulnessforteens.com](file:///C%3A%5CUsers%5C9407188%5CAppData%5CLocal%5CTemp%5Cfcctemp%5CMindfulnessforteens.com)
* Book*: Mindfulness For Teens*
* [keltymentalhealth.ca](file:///C%3A%5CUsers%5C9407188%5CAppData%5CLocal%5CTemp%5Cfcctemp%5Ckeltymentalhealth.ca)
* [openmind.ca](file:///C%3A%5CUsers%5C9407188%5CAppData%5CLocal%5CTemp%5Cfcctemp%5Copenmind.ca)