**Resiliency Resources**

* [anxietybc.com](http://www.anxietybc.com) [youthanxietybc.com](file:///C:\Users\9407188\AppData\Local\Temp\fcctemp\youthanxietybc.com)

includes link to [mindshift](file:///C:\Users\9407188\AppData\Local\Temp\fcctemp\mindshift) app (itunes)

* [calm.com](http://www.calm.com) - includes link to Calm app(itunes)
* [mindfulnessforteens.com](file:///C:\Users\9407188\AppData\Local\Temp\fcctemp\Mindfulnessforteens.com)
* Book*: Mindfulness For Teens*
* [keltymentalhealth.ca](file:///C:\Users\9407188\AppData\Local\Temp\fcctemp\keltymentalhealth.ca)
* [openmind.ca](file:///C:\Users\9407188\AppData\Local\Temp\fcctemp\openmind.ca)