

The Feminist Bookshop

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Workbooks For Children And Teens

Teaching Children To Protect Themselves

Freda Briggs \$35.00

Handbook for teachers and counsellors working with primary aged children. Includes sheets that can be photocopied

Straight Talk Manual DVD

Diane Brokenshire \$55.00

This popular workbook now comes in a DVD, which has been updated, two chapters added, and is a superior product to the original book now out of print. Practical solution-focused self-esteem and life skills workbook for young people. **Also set of cards \$25.00.**

Creative Journal For Teens

Lucia Capaccione \$28.95

Workbook to help teens explore their innermost thoughts and feelings.

Creative Journal For Children

Lucia Capaccione \$37.95

Guide for parents, teachers, and counselors working with children to foster self-esteem via writing and drawing skills.

It Happened To Me

Lee Carter \$39.95

A teenage guide to overcoming sexual abuse. Effective exercises for recovery.

Because We're Worth It

Margaret Collins \$46.95

Activities to help teachers guide children towards enhancing their self-esteem and talents.

Recovering from Depression:

A Workbook for Teens

Mary Ellen Copeland and Stuart Copans \$63.60

A workbook ideal for teens and the parents, friends, and professionals who care about them.

7 Habits Of Highly Effective Teens Workbook

Sean Covey \$29.95

Hands-on personal workbook companion to best-selling book of same name. Fun and entertaining style to encourage self-esteem in teens.

Pretty Tough Stuff, Dude!

Carolyn Cunningham & Kee MacFarlane \$11.95

Post Traumatic Stress Disorder workbook for young children.

I Saw It Happen

Wendy Deaton \$29.95

Workbook for young children who have witnessed violence.

My Own Thoughts And Feelings For Girls

Wendy Deaton \$17.95 each

Simple workbook with spaces for writing and drawing to help children solve problems.

Living With My Family

My Own Thoughts On Stopping The Hurt

Wendy Deaton \$19.95 each

Two workbooks for children who have been traumatized by fighting and violence in the family.

Hunger For Understanding

Alison Eivors \$68.95

Workbook for helping young people to understand and overcome anorexia nervosa.

Kids Skills

Ben Furman \$34.95

For adults to use with children, innovative, playful and practical approaches to solving difficulties.

My Feeling Better Workbook

Sara Hamil \$29.95

Effective activities for children who are sad and depressed.

An Elephant In The Living Room

Jill Hastings \$26.95

Workbook for young children to explain alcoholism in the family. Also available **Leader's Guide** \$32.95

Drawing Together to Develop Self-Control

Drawing Together to Learn about Feelings

Drawing Together to Manage Anger

Drawing Together to Accept and Respect Difference

Drawing Together to Build Character

When Adults Hurt Children

Adopted And Wondering

Marge Heegaard \$19.95 each

Workbook series for children to illustrate, and to help families communicate and learn together.

When Something Terrible Happens

When Someone Has A Very Serious Illness

When A Family Is In Trouble

When Mom And Dad Separate

When Someone Very Special Dies

Marge Heegaard \$18.95 each

Workbook series for young children, to write and draw about difficult family situations.

Living Well With My Serious Illness

Marge Heegaard \$16.95

Workbook/drawing book for young children.

Feed Your Head

Earl Hipp \$34.95

Positive self affirmations for teens, with good humour, cartoons, and fun things to do.

What To Do When You Worry Too Much

Dawn Huebner \$28.95

Workbook for young children to help in overcoming anxiety. Age 9-12

Talking To My Mum

Cathy Humphreys \$49.95

Picture workbook for workers or mothers to use with children when a family is affected by domestic violence.

Talking About Domestic Violence

Cathy Humphreys et al \$49.95

Photocopiable activity workbook for use with children from 9 years to teens from DV families.

Real Life Heroes

Richard Kagan \$26.95

Life storybook for children using a creative arts approach that encourages children to develop their life stories. Designed to be used with **Rebuilding Attachments with Traumatized Children**/*Richard Kagan \$69.95*.

Why Did You Die?

Erika Leeuwenburgh \$29.95

Activities to help children deal with grief and loss.

Shining Through

Mindy Loiselle \$32.95

For girls aged 10 and up, for pulling it together after sexual abuse.

What's Eating You?

Tammy Nelson \$24.95

Workbook to help teens with anorexia, bulimia, and other eating disorders.

Helping Your Angry Child

Darlyne Nemeth \$39.95

Worksheets, fun puzzles, and games to help communication.

Emotional Release For Children

Mark Pearson \$34.95

Workbook suggestions and sheets for parents/teachers/counselors to use with children for releasing past hurts and preparing for the future.

Emotional Healing And Self-Esteem

Mark Pearson \$34.95

Inner-life skills of relaxation, visualisation, and meditation for children and adolescents.

Helping Teens Work Through Grief

Mary Perschy \$45.00

Guidelines for healing, growing, mending, and changing after loss. Excellent large format workbook for youth workers in any setting.

Helping Children to Build Self-Esteem

Deborah Plummer \$43.95

A photocopiable activities book to aid in developing self-esteem in children. Creative and enjoyable

Snaps

Rosies Place \$17.50

Young woman's journal of reflection, & discovery.

My Mom And Dad Don't Live Together Anymore

Judith Rubin \$35.95

Drawing book for young children of separated parents.

The Anxiety Workbook For Teens

Lisa Schab \$24.95

Activities to help teens deal with anxiety and worry, and to feel calm facing every day problems.

Cool, Calm, And Confident

Lisa Schab \$32.95

40 simple activities to help children learn assertiveness skills.

Beyond The Blues

Lisa Schab \$24.95

Workbook to help teens deal with depression, and feeling sad.

The Relaxation & Stress Reduction Workbook For Kids

Lawrence Shapiro \$32.95

Activities to help children deal with worry and anxiety.

Self-Esteem Games

Barbara Sher \$26.95

300 fun activities to help children feel good about themselves.

Attention Games

Barbara Sher \$25.95

101 easy games to help children learn to focus, and develop healthy attention spans.

Help Me Say Goodbye

Janis Silverman \$21.95

Activities for children dealing with the death of a special person.

Seeing Red

Jennifer Simmonds \$28.95

An anger management and peacemaking workbook for kids.

Think Good-Feel Good

Paul Stallard \$68.95

A Cognitive Behaviour Therapy Workbook for children and young people. Includes free on-line resources.

Feeling Good Again Workbook

Burt Wasserman \$40.75

A workbook for children who have been sexually abused. For ages 6 and up. **Feeling Good Again Parent Guide** also available.

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