

A Brief Resource List: Supporting the Well-Being of Your IB Student

Compiled for IB parent council by Dr. Sarah Nowak, Nov. 18, 2019

WRDSB Specific

<https://chc.wrdsb.ca/guidance/>

'Anxiety Protocol Documentation'

<https://www.wrdsb.ca/wp-content/uploads/WRDSB-Parent-and-Caregiver-Anxiety-Support-Resource-1.pdf>

'Mental Health & Well-being'

Local Resources

Family Compass Waterloo Region: <https://www.familycompasswr.ca/>

Front Door: www.frontdoormentalhealth.com

Internet Resources

Anxietycanada.com

Mindyourmind.ca

School Mental Health Ontario: <https://smho-smso.ca/parents-and-families/>

Teens Can Be Resilient in High School:

<https://www.durham.ca/en/health-and-wellness/resources/Documents/MentalHealth/teenResParentGuide.pdf>

Good old-fashion Books

Get Out of Your Mind and Into Your Life for Teens by Ciarocchi, Hayes, and Bailey (2012)

A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress & Difficult Emotions by Amy Saltzman (2016)