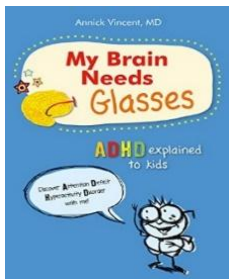


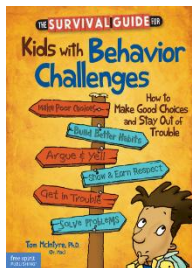


The NSCA Team has compiled some suggested summer reads for parents, caregivers or kids themselves on topic such as; ADHA, depression, cyber navigation, self-harm, anxiety and more...



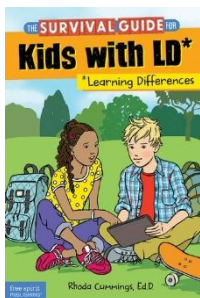
My Brain Needs Glasses, ADHD explained to kids: Through Tom's imaginary journal, he shares his daily life with readers, helping young people, as well parents and other caregivers, to better understand and cope with ADHD. Tom is endearing, and his journal is funny and imaginative.

https://www.amazon.ca/s?k=my+brain+needs+glasses&mk_fr_CA=%C3%85M%C3%85%C5%BD%C3%95%C3%91&ref=nb_sb_noss_1



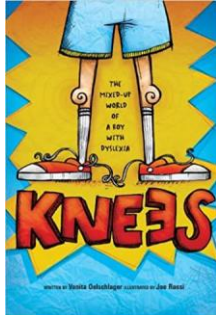
A Survival Guide for Kids with Behavior Challenges: This survival guide has up-to-date information, practical strategies, and sound advice for kids with diagnosed behavioral disorders (BD, ED, EBD) and those with general behavior problems. Kids learn to make smarter choices, make and keep friends, get along with teachers, take responsibility for their actions, work toward positive change, and enjoy the results of their better behavior.

<https://www.amazon.ca/Survival-Behavior-Challenges-Revised-Updated/dp/1575424495>



A Survival Guide for Kids with LD* (Learning differences): Kids with LD can learn, they just learn differently. Young people labeled with a "learning disability" or "learning disorder" will find a welcome resource in this fully revised and updated survival guide. It defines different kinds of LD, describes a range of learning aids, helps kids deal with bullying and difficult feelings, suggests ways to make friends, and inspires young people to set goals for the future. Includes a chapter written to parents and teachers along with resources for kids and adults.

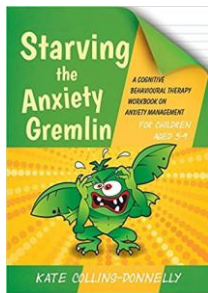
<https://www.amazon.ca/Survival-Learning-Differences-Revised-Updated/dp/1631980319>



Knees, The Mixed-up World of a Boy with Dyslexia: Knees

shows the ups and downs of life with dyslexia. The book is done in the style and size of a chapter book so that younger children and older children at low reading levels can read what seems to be an older child's book. The book covers dyslexia's symptoms and the reasons school can be hard for dyslexics.

<https://www.amazon.ca/Knees-mixed-world-boy-dyslexia/dp/0982636695>

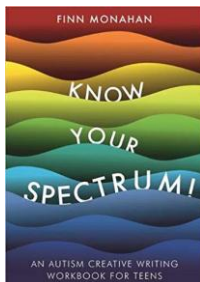


Starving the Anxiety Gremlin for Children 5-9, A Cognitive

behavioural Therapy Workbook on Anxiety Management: The Anxiety

Gremlin loves to eat anxious feelings, and the more anxious you feel, the more he eats and the bigger he gets! Learn how to get rid of the Anxiety Gremlin with this fun workbook for children aged 5-9. It's packed with puzzles, games, colouring and drawing activities to help children understand their anxiety and how to control it.

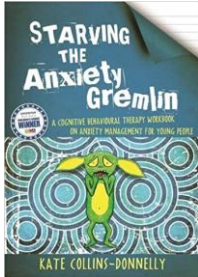
https://www.amazon.ca/-/fr/Starving-Anxiety-Gremlin-Children-Aged/dp/1849054924/ref=pd_bxgy_img_3/136-9677050-9189435?ie=UTF8&language=en_CA&pd_rd_i=1849054924&pd_rd_r=dc38c6bf-fded-481e-bc02-609fdc2816ad&pd_rd_w=WNf5p&pd_rd_wg=bWVih&pf_rd_p=5b9fb149-eaf1-46dd-9884-d34ba47b0e7b&pf_rd_r=N16PX46ZAXQS8RSFN1FE&psc=1&refRID=N16PX46ZAXQS8RSFN1FE



Know Your Spectrum!, An Autism Creative Writing Workbook for

Teens: The book encourages the reader to explore the core aspects of autism including social communication, executive function, and sensory processing, and then allows the teen to create a template of their own spectrum of abilities within autism.

https://www.amazon.ca/FinnMonahan/dp/1785924354/ref=sr_1_1?dchild=1&keywords=know+your+spectrum&qid=1594214416&sr=8-1

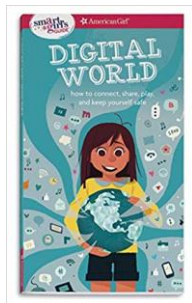


Starving the Anxiety Gremlin for Young People, a Cognitive

Behavioural Therapy Workbook on Anxiety Management: A book

designed to help young people understand different types of anxiety and how to manage them. Based on cognitive behavioral therapy principles that link thoughts, feelings, and behaviors, the activities help young people aged 10+ understand why they get anxious and how to use simple, practical techniques to manage and control their anxiety.

https://www.amazon.ca/-/fr/Kate-Collins-Donnelly/dp/1849053413/ref=pd_bxgy_img_2/136-9677050-9189435?encoding=UTF8&pd_rd_i=1849053413&pd_rd_r=dc38c6bf-fded-481e-bc02-609fdc2816ad&pd_rd_w=WNf5p&pd_rd_wg=bWVih&pf_rd_p=5b9fb149-eaf1-46dd-9884-d34ba47b0e7b&pf_rd_r=N16PX46ZAXQS8RSFN1FE&psc=1&refRID=N16PX46ZAXQS8RSFN1FE

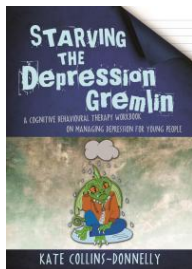


A Smart Girl's Guide: Digital World, How to Connect, Share, Play,

and Keep Yourself Safe: Digital devices put a whole world at a girl's fingertips.

Just like the real world, the digital world is full of exciting, helpful, and even life-changing possibilities. And just as in the real world, she needs to know how to navigate it wisely and keep herself safe. With everything from quizzes that test safety smarts to advice on how to deal with cyberbullying, this book will get her started.

https://www.amazon.ca/-/fr/Carrie-Anton/dp/1683370430?language=en_CA

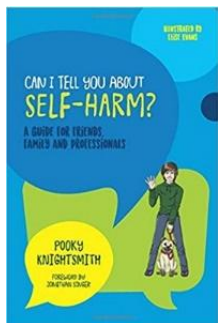


Starving the Depression Gremlin for Young People, a Cognitive

Behavioural Therapy Workbook on Managing Depression: Have you

met the depression gremlin? He's a troublesome creature who likes nothing more than to feed off your low mood. And the more he devours, the bigger he gets and the more sadness you feel. But never fear - starve him of depression-related thoughts, feelings and behaviours and watch him shrink and shrivel away!

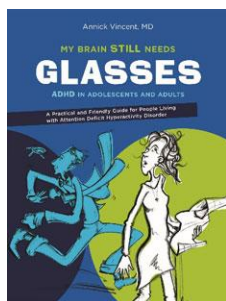
https://www.amazon.ca/-/fr/Kate-Collins-Donnelly/dp/1849056935?language=en_CA



Can I Tell You About Self-harm? A Guide for Friends, Family and

Professionals: The book describes what self-harm is. Reflecting on the different aspects of self-harming behaviour, including treatment of injuries and scars, this concise introduction dispels common myths and offers helpful resources to break the cycle of self-harm.

https://www.amazon.ca/PookyKnightsmith/dp/1785924281/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=



My Brain STILL Needs Glasses, ADHD in Adolescents and in Adults:

Did you know that over half of children affected by ADHD still show symptoms when they reach adulthood? That means they still need glasses and should know about the resources available for them as grown-ups. Thoroughly practical, this guide is a treasure trove of practical tips and tricks to help adolescents and adults affected by ADHD to develop effective adaptive strategies to deal with the challenges they face from day to day.

<https://www.amazon.ca/-/fr/Annick-Vincent/dp/1988002826>