

# Mental Health Matters: Webinar Series Resource List

Fall 2023

## Autism Ontario Webinars and Resources

- [Caring for the Caregiver Guide](#)
- [Exploring the Senses Webinar Series](#)
- [Promoting Mental Health in Autistic People: The Importance of Context and Support with Jonathan Weiss](#)
- [Self-Regulation and Well-Being with Stuart Shanker](#)
- [Understanding Challenging Behaviour with Ross Greene](#)
- [What is Stimming?](#)
- [Wellness and Self-Care Session Part 3 - Autistic Youth and Teens with Stephanie Moeser](#)

## AIDE Canada Resources

- [Mental Health and Sensory Challenges for Teens](#)
- [Treating Mental Health Conditions in Autistic Individuals: A Toolkit for Understanding Approaches to Mental Health Care](#)
- [Understanding What is Happening Inside Your Body- Interoceptive Training for All Ages \(Free online course\)](#)

## Other Online Resources

- [Alberta Family Wellness Initiative \(Brain Science\)](#)
- [Depression and Autism: A youth-to-youth guide to coping and getting help \(CAMH\)](#)
- [Early Start Denver Model](#)
- [Kelly Mahler Home- What is Interoception?](#)
- [Mental Health Literacy Guide for Autism- Autism Mental Health Literacy Project \(AM-HeLP\)](#)
- [The Shift: Supporting Autistic People's Mental Health: Clinician and Client Perspectives \(Geneva Centre\)](#)
- [What is Floortime?](#)

## Books for Parents

- [A Different Kind of Normal](#) by Abigail Balfe
- [Brain-Body Parenting](#) by Mona Delahooke
- [Raising Human Beings: Creating a Collaborative Partnership with Your Child](#) by Ross Greene
- [Start Here: A Parent's Guide to Helping Children and Teens Through Mental Health Challenges](#) by Pier Bryden and Peter Szatmari
- [Self-Reg: How to Help Your Child \(and You\) Break the Stress Cycle and Successfully Engage with Life](#) by Stuart Shanker
- [Sensational Kids: Hope and Help for Children with Sensory Processing Disorder](#) by Lucy Jane Miller
- [The Whole-Brain Child](#) by Daniel J. Siegel

## **Resources for Mindfulness, ACT, and/or CBT**

- [The Anxiety Workbook for Teens: Activities to Help you Deal with Anxiety and Worry](#) by Lisa M. Schab
- [Bedtime Explorers](#) (Podcast)
- [Cosmic Kids Yoga](#) (YouTube)
- [Helping Autistic Teens to Manage their Anxiety: Strategies and Worksheets Using CBT, DBT, and ACT skills](#) by Theresa Kidd
- [Little Renegades- Mindful Kids cards](#)
- [Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else](#) by Christopher Willard
- [Mindfulness Exercises for Kids and Teens \(Positive Psychology\)](#)
- [What to Do When you Worry Too Much: A Kid's Guide to Overcoming Anxiety](#) by Dawn Huebner

## **Video and Children's Books on Emotions, Anxiety, Worry, and Self-Esteem**

- [Alexander and the Terrible, Horrible, No Good, Very Bad Day](#) by Judith Viorst
- [The Colour Monster](#) by Anna Llenas
- [Franklin's Bad Day](#) by Paulette Bourgeois and Brenda Clark
- [Franklin and the Thunderstorm](#) by Paulette Bourgeois and Brenda Clark
- [Giraffes Can't Dance](#) by Giles Andreae and Guy Parker-Rees
- [Huge Bag of Worries](#) by Virginia Ironside
- [In My Heart- A Book of Feelings](#) by Jo Witek

## **Videos (In order of appearance)**

- [Sesame Street: Me Want it \(But me Wait\)](#)
- [The Three Main Parts of Your Brain](#) by Dr. Russ Harris
- [Communication Skills: Empathetic Listening - Inside Out](#)

If you have any additional questions or are seeking further information about the content of this presentation, please contact [sme@autismontario.com](mailto:sme@autismontario.com).