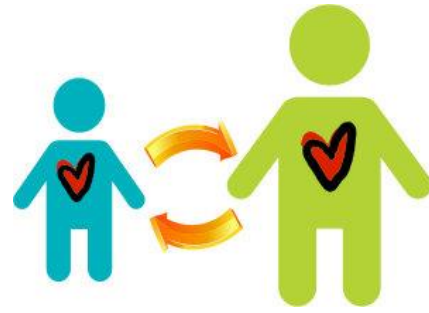




**Canadian Mental  
Health Association**  
Kelowna  
*Mental health for all*



### **Books:**

*A Parent's Guide: Building Resilience in Children and Teens-* Dr. Ginsburg

*How Children Succeed: Curiosity and the Hidden Power of Character-* Paul Tough

*The Optimistic Child: A Proven Program to Safeguard Children against Depression & Build Lifelong Resilience*

### **Research Articles:**

Transition Competence and Resiliency in Educational Institutions- Renate Niesel & Wilifred Griebel

Retrieved from: [http://extranet.edfac.unimelb.edu.au/LED/tec/pdf/journal\\_niesel\\_griebel.pdf](http://extranet.edfac.unimelb.edu.au/LED/tec/pdf/journal_niesel_griebel.pdf)

### **Websites:**

Michael Ungar (Dalhousie) <http://www.resilienceproject.org> <http://resilienceresearch.org>

Search Institute [www.search-institute.org](http://www.search-institute.org)

Mind Tools [www.mindtools.com](http://www.mindtools.com)

Psych Central [www.psychcentral.com](http://www.psychcentral.com)

American Psychological Association [www.apa.org](http://www.apa.org)

The Resilience Institute [www.resiliencei.com](http://www.resiliencei.com)

### **Community Resources:**

CMHA- [www.cmhakelowna.org](http://www.cmhakelowna.org)

The Force Society- [www.theforcesociety.com](http://www.theforcesociety.com)

The Bridge- Youth and Family Services [www.thebridgeservices.ca](http://www.thebridgeservices.ca)

Building Healthy Families Society- [www.buildinghealthyfamilies.ca](http://www.buildinghealthyfamilies.ca)

Boys and Girls Club- [www.boysandgirlsclubs.ca](http://www.boysandgirlsclubs.ca)