

## **Anxiety Resources for Caregivers & Educators:**

### **Podcasts & Videos**

#### **Approach, don't avoid to treat anxiety**

<https://tinyurl.com/4czy6wmz> (4 minute listen)

#### **Flusterclux Podcast, this episode addresses anxiety**

<https://www.flusterclux.com/>

<https://tinyurl.com/4jjb7dtf> (30 minute podcast)

#### **Introduction to the SPACE anxiety treatment program**

<https://tinyurl.com/yferuhwn> (10 minute video)

#### **Eli Lebowitz introduces SPACE**

<https://tinyurl.com/hpa2vebk> (15 minute TED talk)

### **Websites:**

The IOCDF is my preferred place for resources related to OCD. <https://iocdf.org/>

Anxiety Canada is an excellent resource

<https://www.anxietycanada.com/>

Examples of fear ladders so you can make your own at home

<https://www.anxietycanada.com/downloadables/examples-of-fear-ladders/>

### **Treatment Options:**

**Confident Parents, Thriving Kids Program.** Must get a referral from primary care provider, school counsellor. A great free program to support parents of children with mild to moderate anxiety, not OCD. Not appropriate for severe anxiety, school refusal.

<https://welcome.cmhacptk.ca/>

## SPACE Anxiety & OCD treatment for Children

<https://www.spacetreatment.net/>

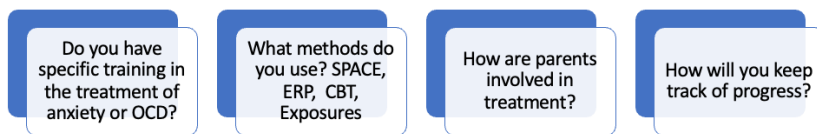
### Find a SPACE treatment provider:

Because the program is exclusively focused on adults, you can do all appointments virtually.

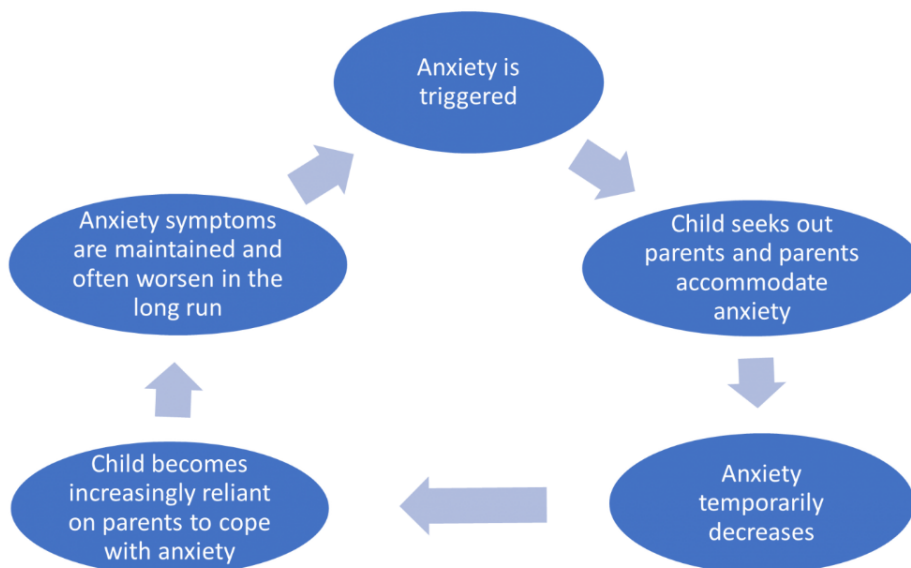
<https://www.spacetreatment.net/certified-providers>

## What questions should I ask?

Be a smart consumer



### The Cycle of Anxiety Maintenance:

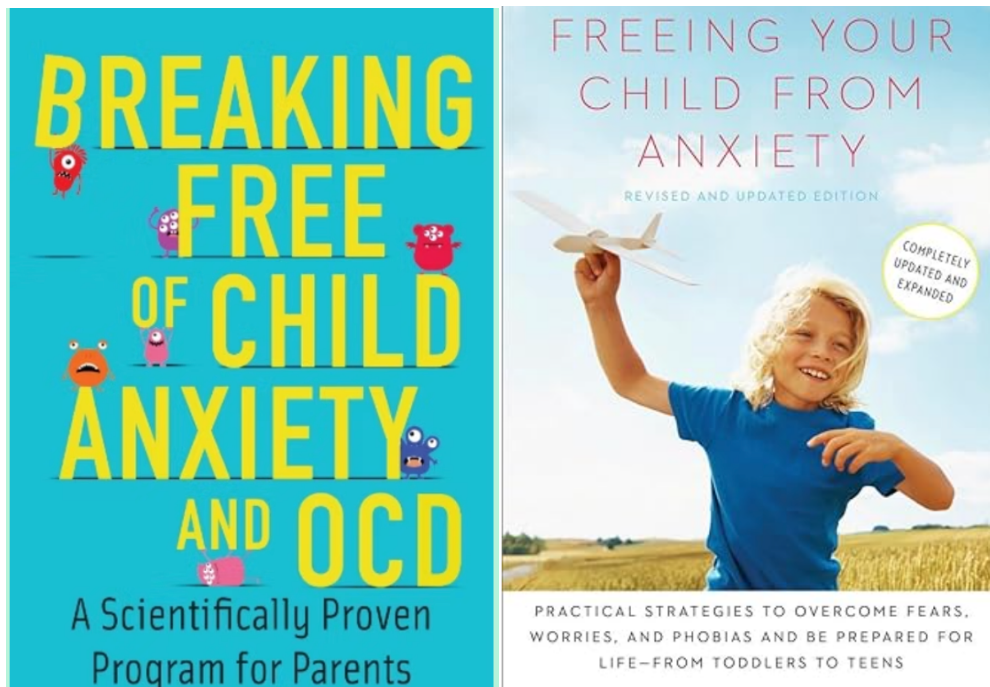


## **For Educators:**

The IOCDF has created excellent resources for educators. This is a US resource so some terms will not apply in Canada but the content is good.

<https://anxietyintheclassroom.org/>

## **Recommended Books:**



---

✉ [sarah@childtherapyvictoria.com](mailto:sarah@childtherapyvictoria.com)

☎ 250-277-3556

📍 1006 Russell Street, Victoria BC

**Sarah Ftaya, MA, RCC**  
*Child & Family Therapist*

[ChildTherapyVictoria.com](http://ChildTherapyVictoria.com)