

COUNTER CULTURAL PARENTING

ANXIETY AND DEPRESSION IN KIDS AND STUDENTS

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LEXINGTON CHRISTIAN COUNSELING

CRYSTAL RAY
WIFE, MOM OF 4 & MINISTRY LEADER

BOOK RECOMMENDATIONS

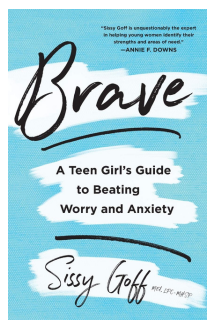
RAISING WORRY FREE GIRLS

Sissy Goff



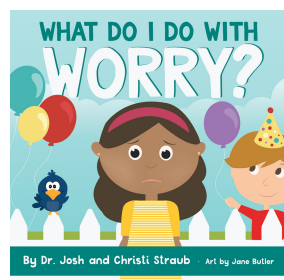
BRAVE: A TEEN GIRL'S GUIDE TO BEATING WORRY AND ANXIETY

Sissy Goff



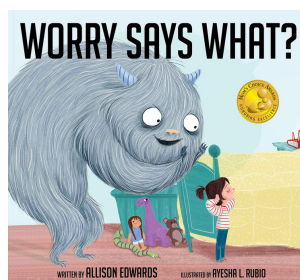
WHAT DO I DO WITH WORRY?

Josh and Christi Straub



WORRY SAYS WHAT?

Allison Edwards



FREE WEB ARTICLES

How Parents Can help Their Children Overcome Anxiety and Depression



Is Your Child Overwhelmed By Anxiety, Fear, or Worry?



PODCAST RECOMMENDATIONS

FAMOUS AT HOME BY JOSH AND CHRISTI STRAUB

Episode 207: Kids and Anxiety



Episode 208: What Do I Do With Worry?



Episode 135: Raising Worry Free Girls



Episode 200: Girls Who Worry



FEEDING THE MOUTH THAT BITES YOU BY DR. KEN WILGUS

Episode 31 Anxiety, Fear, and Panic in Teens

