



## Local Tips and Resources

### Websites & podcasts:

[Flusterclux](#), Anxiety expert Lynn Lyons' podcast

[parentingmontana.org](http://parentingmontana.org) is a great resource where you type in your child's age and the topic you are interested in and it gives information on how to parent around this topic. Ex: Establishing rules around alcohol use

[Mindfulness videos](#) for kids

[Programs and resources for parents](#) from Casco Bay CAN

[Substance Abuse and Mental Health Services Association](#) provides Information on substance use

[Substance use prevention resources](#) for parents of kids spanning preschool to college from Casco Bay CAN

[Tips & resources for addressing & recognizing stress and anxiety](#) from Casco Bay CAN

### Books:

*Parenting the New Teen in the Age of Anxiety* by Dr. John Duffy

*How to Raise a Drug-Free Kid* by Joseph A. Califano