

Resources

**Kids In Crisis
Helpline:**

203-661-1911



Helping Kids Thrive - Social Media; Pandemic Blessing and Burden

Expert advice to help families navigate the challenges presented
by living with technology, a discussion with Chris Parrott and Jamie Lee

Books :

Anything But My Phone, Mom!:

Raising Emotionally Resilient Daughters in the Digital Age

by Roni Cohen-Sandler

Braving the Wilderness:

The Quest for True Belonging and the Courage to Stand Alone

by Bene Brown

Raising Humans in a Digital World:

Helping Kids Build a Healthy Relationship with Technology

by Diana Graber

How To Talk So Kids Will Listen and Listen So Kids Will Talk (The How To Talk Series)

by Adele Faber

The Defining Decade: Why Your Twenties Matter-And How to Make the Most of Them Now

by Meg Jay

Magazine:

The Mindfulness Journal – Kindness-Connection-Gratitude-Inspiration and Joy – find where magazines are sold

Movie:

The Social Dilemma

Groups:



WESTPORT Monday night, 5-7pm @ Toquet Hall 58 Post Rd East

STAMFORD Tuesday night, 5-7pm @ The Fish Church 1101 Bedford St

GREENWICH Thursday night, 5-7pm @ Christ Church Greenwich 254 East Putnam Ave