

Suggested Reading

A Mindfulness-Based Stress Reduction Workbook

Stahl, B, & Goldstein, E. (2010). Oakland: New Harbinger Publications

Mind Over Mood: Change How You Feel by Changing the Way You Think

Greenberger, D., & Padesky, C. (1995). New York: The Guilford Press

The Anti-Anxiety Workbook

Antony, M.M., & Norton, P.J. (2009). New York: The Guilford Press

The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions

Germer, C.K. (2009). New York: The Guilford Press

The Relaxation and Stress Reduction Workbook

Davis, M., Robbins Eshelman, & E.R., McKay, M. (2008). Oakland, CA: New Harbinger Publications, Inc.

When I Say No, I Feel Guilty

Smith, M.J. (1975). New York: Bantam Books

Anxiety BC (website)

<http://www.anxietybc.com/>

Centre for Clinical Interventions

<http://www.cci.health.wa.gov.au/>

Community Resources

Information and Referral

Community Information Centre of Ottawa

Phone: 2-1-1

<http://ottawa.cioc.ca/?UseCICVw=13>

- Official local provider of information and referrals
- Lead organization and service provider of 211 Eastern Ontario

Crisis

Crisis Line

613-722-6914 (inside Ottawa)

1-866-996-0991 (outside Ottawa)

Mental Health

Centre for Psychological Services, University of Ottawa

136 Jean-Jacques Lussier (4031)

613-562-5289, cps@uOttawa.ca

www.socialsciences.uottawa.ca/psy/eng/cps.asp

Sandy Hill Community Health Centre, Mental Health and Addiction Services

221 Nelson St.

613-789-8941, info@sandyhillchc.on.ca

www.shchc.ca/

Catholic Family Services

310, rue Olmstead

613-233-8478, info@csfottawa.ca

www.csfottawa.ca

Family Services of Ottawa

312 Parkdale Avenue

613-725-3601 ext. O, fsfo@familyservicesottawa.org

www.familyservicesottawa.org