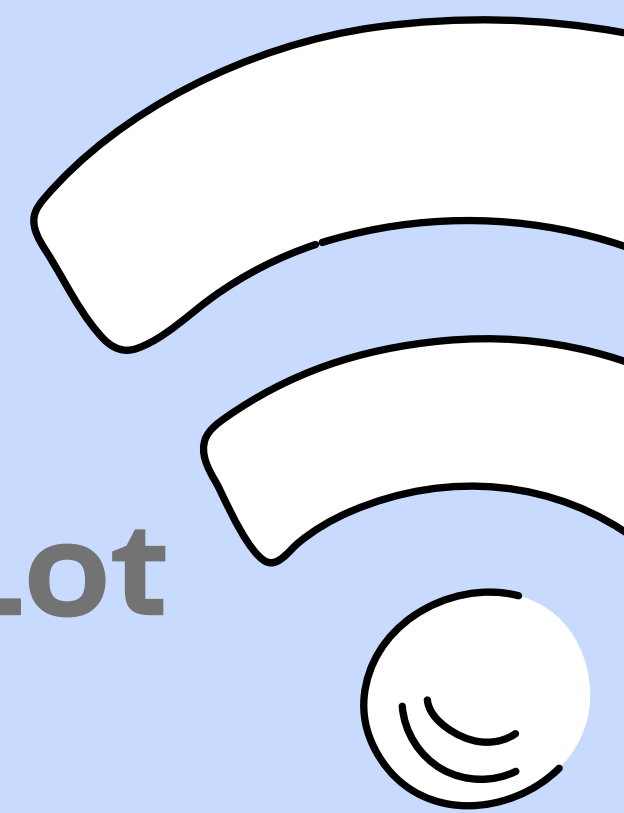


CAADC >>> Online Resources



Child Anxiety Tales

- **An online parenting program**

Learn about what you can do to help your child manage stress and anxiety

- **Evidence-based and developed by experts**

Based on the latest research and helps you to become a cognitive-behavioral therapy (CBT) expert

- **In the convenience of your own home**

24/7 access, private, self-paced

Camp Cope-A-Lot

- **An e-learning program for children**

Learn anxiety management strategies for children ages 7-13 with the support of an adult coach

- **Based on the CAADC's Coping Cat program**

Includes Empirically-supported CBT skills training

- **Includes 12 animated modules, videos, and practice**

+ Coach's Manual and Child Workbook

View these programs at copingcatparents.com!

