

# While You Wait



**We know it can be challenging while you are waiting to be seen by a behavioral health provider or if you are not yet ready to try therapy. Below are some online programs or community groups that teach parents, caregivers, kids, and teens skills to work through behavioral and emotional challenges. While not every program is right for every family, we encourage you to check out these FREE resources to see if any of them are right for you.**

## **Mayo Clinic Anxiety Coach:**

Online series of videos and guided questions to help parents/caregivers, together with their children & teens, work through anxiety or obsessive-compulsive disorder (OCD) by facing fears. Takes 60-90 minutes.



## **Mayo Clinic Cooperation Coach:**

Self-guided online program to help parents/caregivers of children 2-10 learn behavior management strategies to help kids with ADHD, ODD, anger, and difficulty listening. Takes 60-90 minutes.



## **Positive Parenting Program (Triple P):**

Group classes to help parents/caregivers of children 0-8 learn behavior management strategies to help kids with ADHD, ODD, anger, and difficulty listening.



## **Project EMPOWER:**

Online program to help parents/caregivers of kids 3-12 learn to encourage bravery and reduce anxiety. Takes 30 minutes.



## **Project YES:**

Online program to help kids & teens 11-17 learn skills to deal with stress. Get active, positive self-talk, body image, goals, & more. Takes 5-10 minutes each.



## **The California Healthy Minds, Thriving Kids Project:**

Online coping skills videos and corresponding practice sheets for parents, caregivers, kids, and teens.

