Welcome to Dr. Laila's virtual therapy room. Click on the bookshelf and check it out!
WELCOME
friends
JEAN-MICHEL FRANK

CROSLEY
Resources
CBT
Games
Relaxation Tools for older kids & Teens
sleep
Relaxation Room for YOUNGER Children

# Sleep Handouts and Resources

- Sleep Routine Handout (CHEO)
- Sleep, A Bedtime Story Video (Sick Kids)
- Time for Rest Meditation Video (Sick Kids)
- Allowing Rest Video (Sick Kids)

# Games

- Jeopardy (self-regulation version)
- Uno

# Relaxation Room for Older Kids and Teens

- Breathe Bubble Video
- Deep Breathing Script
- Deep Breathing
- Progressive Muscle Relaxation
- Circle of Gratitude
- Self-Compassion
- 5 Senses Meditation
- Body Scan Meditation
- Comfort Pain Meditation
- Visualize Your Pain Meditation
- Soften, Soothe and Allow Meditation
- Mindful Beach Walk
- Mindful Forest Walk (kids)

# CBT (Cognitive Behavioural Therapy) Resources

- What is CBT?
- Flight, Fight or Freeze Explained
- Thinking Traps
- Realistic Thinking for Kids
- Detective Thinking for Kids
- Realistic Thinking for Teens
- Realistic Thinking Form
- Challenging Negative Thoughts
- Creating Coping Cards
- Fear Thermometer for Kids
- Setting up Exposure
- Fear Ladder Form
- Overcoming Perfectionism
- Creating Coping Cards

**Apps:**

- Mindshift CBT: https://www.anxietycanada.com/resources/mindshift-cbt/
- CALM for Self-Harm: https://calmharm.co.uk

**Mental Health Websites:**

- Sick Kids The ABCs of Mental Health: https://www.sickkidscmh.ca/ABC/Parent-Resource/Mental-Health-for-All-Children-and-Youth.aspx
- Anxiety Canada: https://www.anxietycanada.com/parenting/parent-child
- COVID-19 Resources from Sick Kids: https://www.aboutkidshealth.ca/covid-19
- COVID-19 Resources from OPH: https://www.ottawapublichealth.ca/en/resources/Corona/Mental-Health-and-COVID-19-Resource-List-EN.pdf
- Jack.org COVID-19 Mental Health Resource Hub: https://jack.org/covid
- School Mental Health Ontario: https://smho-smso.ca/covid-19/

**Crisis Lines:**

- Kids Help Phone: 1-800-688-6868
- Distress Centre: 613-238-3311
- Child, Youth and Family Crisis Line for Eastern Ontario: 613-260-2360 / 1-877-377-7775
- Youth Service Bureau Mobile Crisis (up to age 18): 613-260-2360
- Youth Crisis Beds (ages 12-15 years): 613-260-2360

**Child and Youth Services:**

- Youth Service Bureau: 613-562-3004
- Youth Service Bureau Walk-in Clinic: 613-562-3004
- Children's Aid Society: 613-647-7800
- Crossroads: 613-723-1623
- Youth Net: 613-738-3915
- The Children's Hospital of Eastern Ontario (CHEO) and the Royal Ottawa Mental Health Centre (by physician's referral), 613-737-7600 ext. 2496. For more information on their programs, visit www.cheo.on.ca.

**More resources available at:** https://www.drdinosmun.com/resources

- Deep Breathing
- Rainbow Breathing
- Cozy Coffee Shop Ambient Sounds
- Beach Sounds
- Rooftop Rain and Crackling Fire Sounds
- Campfire By the Ocean
- Mountain Meadow
- Cozy Fireplace and Rain
- Birds in the Snow

PEACE OF MIND
Namaste! Please click on the items in the room and check out some cool meditation resources.