

Suggested Resources & Reading List

Relationships, Parenting, Attachment & More:

Books & Resources:

- **Becoming the One** by *Sheleana Aiyana*
- **Hold me Tight** by *Dr. Sue Johnson* (creator of emotional focused family/couples therapy)
- **Hold onto Your Kids** by Gabor Mate & Gordon Neufeld
- **Interdependence versus codependency:**
<https://freetheself.com/library/library/codependency-vs-interdepenence/>
- **Positive Discipline Parenting:** <https://www.positivediscipline.com/>
- **The Myth of Normal, When the Body Says No, Scattered Brain** by *Gabor Mate*
- **The Seven Principles for Making Marriage Work: A Practical Guide from the Country's Foremost Relationship Expert, The Heart Of Parenting. Raising An Emotionally Intelligent Child, The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family, and Friendships, Why Marriages Succeed or Fail: And How You Can Make Yours Last, Eight Dates** by *John & Julie Gottman*
- **The State of Affairs** by *Esther Perel*
- **Single on Purpose**, John Kim
- **What Happened to You** by *Bruce Perry & Oprah Winfrey*
- **Wired for Love & Wired for Dating** by *Stan Tatkin*

Podcasts:

- **Dear Therapist** with Lori Gottlieb & Guy Winch
- **Relationship School Podcast**
- **The Love Drive**, Shaun Galanos
- **We Can Do Better**, Shaun Galanos & John Kim
- **The Maisie Hill Experience** on women's health
- **Unlocking us & Dare to Lead** with Brene Brown
- **Very Bad Therapy**
- **Where Should We Begin?** With Esther Perel

Somatic Therapists & Resources:

- **Breathwork in Squamish:**
<https://www.squamishholistic.com/breathwork.html>
- **Somatic Experiencing Therapy** by Peter Levine:
<https://traumahealing.org/se-101/>
- **Somatic experiencing therapy massage/bodywork** by Jessica Carlin: <http://jessicacarlinrmt.com/>
- **Somatic psychotherapists in Squamish:** Helen Croza,

Jade Hones • **Window of tolerance:**

<https://www.psychologytoday.com/us/blog/lifespan-psychology/202004/expanding-the-window-tolerance>

Fiction, Autobiographies & Memoirs:

- **Educated** by *Tara Westover*
- **From the Ashes: My Story of Being Metis, Homeless and Finding My Way** by *Jesse Thistle*
- **Maybe You Should Talk to Someone** by *Lori Gottlieb*
- **North of Normal & Nearly Normal** by *Cea Pearson*
- **Running with Scissors: A Memoir** by *Augusten Burroughs*
- **Too Close to the Falls: a Memoir** by *Catherine Gildiner*

ADHD & Neurodivergence

- **How To ADHD:** howtoadhd.com,
<https://www.youtube.com/@HowtoADHD/featured>
- **Kelty Mental Health:** <https://keltymentalhealth.ca/adhd>
- **Squamish Mental Health:** ask about their ADHD group

Mental Health Resources & Supports

- **Child & Youth Mental Health:**
<https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health/substance-use/child-teen-mental-health/mental-health-intake-clinics>
- **Child/Family Counselling Assistance Fund:**
<https://tantaluswellspring.ca/> - **Children's Sexual Abuse Intervention Counselling:**
<https://www.sscs.ca/sexual-abuse-intervention-program/>
- **Counselling Assistance Fund:** contact Howe Sound Women's centre &/or Sea to Sky Community Services
- **Eating Disorders Counsellor:** <https://www.ellegroup.ca/> &
<https://threepeaks.ca/>
- **Homeless Shelter:**
<https://www.squamishhelpinghands.ca/programs/services/shelter-solutions/>
- **Howe Sound Women's Centre:** <http://hswc.ca/>
- **Private Practice Counsellor:** <https://www.psychologytoday.co>
- **Psychiatry:** ask your family Dr or a Dr at a walk in clinic for a referral - **Squamish Adult Mental Health & Addictions Support:**

<https://www.vch.ca/en/location/squamish-mental-health-addictions-services>

- **Squamish Food Rescue & Food Bank:**
<https://www.squamishhelpinghands.ca/programs-services/food-solutions>
- **Squamish Sexual Health Clinic:**
<https://www.optionsforsexualhealth.org/clinic/squamish-opt-clinic/>
- **Suicide Support-Crisis Line:**
[https://www.seatoskysafetynet.com/crisis-support lines](https://www.seatoskysafetynet.com/crisis-support-lines)
- **Traverse Sexual Assault Support:** <https://sea-to-sky.pathwaysbc.ca/programs/3425>
- **Victim Services (Squamish RCMP):**
<https://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice/system/if-you-are-a-victim-of-a-crime/victim-of-crime/victim-services-directory/vs-squamish-rcmp>
- **Women's Counselling Program (abuse/violence response program):** <https://www.sscs.ca/womens-counselling/>
- **Women's Safe House:** <http://hswc.ca/supportive-housing/>
- **Youth Mental Health & Addictions Support Foundry BC/Sea to Sky:**
<https://foundrybc.ca/seatosky/>