



# GUIDE TO SOCIAL-EMOTIONAL, MENTAL HEALTH AND WELL-BEING RESOURCES

## Resources



[Social Emotional Learning and Mental Health page](#): North Vancouver School District provides information and resources for parents.



[Dalai Lama Centre for Peace + Education](#): A non-religious, non-political charitable organization located in Vancouver that works to inform, inspire and engage parents and their children. Find current research, scientific knowledge, resources and best practices related to social and emotional learning.



[Vancouver Public Library](#): A list of children's books and other resources for parents.



[Teen Mental Health](#): A resource for quality mental health information addressing the needs of youth (ages 12 to 25 years) and their families.



[Sounds True](#): A list of children's books on mindfulness, compassion, kindness, self-care, and other personal growth skills.



[Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#): A trusted source for knowledge about high-quality, evidence-based social and emotional learning. CASEL supports parents and families which are critical partners in helping their children develop social and emotional know-how.



[Greater Good in Education](#): An organization developed at UC Berkeley that provides parents with practical insights that help bring the science of a meaningful life into their lives and the life of their child, drawing on disciplines such as social-emotional learning, mindfulness, and character education.

susan kaiser greenland



[Susan Kaiser Greenland](#): An internationally recognized leader in teaching mindfulness and meditation to children, teens, and parents. She played a foundational role in making mindfulness practices developmentally appropriate for young people and helped to pioneer activity-based mindfulness.



[Child Mind Institute](#): An independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. They deliver the highest standards of care, advance the science of the developing brain and empower parents to support children when and where they need it most.