South Windsor Youth & Family Services
A division of South Windsor Human Services

Here are links to some excellent resources regarding children, screens, parent education, anxiety and mental health.

Children & Screens (Institute of Digital Media and Child Development)

https://www.childrenandscreens.org/learn-explore/research/?topics[]=mental-health

Peace at Home: (Delivering accessible, evidence-based strategies and compassionate support, wherever parents are.)

https://peaceathomeparenting.com/resource-b2b/

SAMHSA: (Mental Health Resources)

https://www.samhsa.gov/mental-health/children-and-families/coping-resources/caregiver

Child Mind Institute (Building Mental Health Skills)

https://childmind.org/resources/thriving-kids/

Resources provided by South Windsor Youth and Family Services