

# **YOU ARE NOT A BAD PARENT**

***A PEDIATRICIAN'S GUIDE TO REDUCING CONFLICT AND  
CONNECTING WITH YOUR TEENS***

**BY  
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**You Are Not A Bad Parent**  
**A Pediatrician's Guide To Reducing Conflict and Connecting With Your**  
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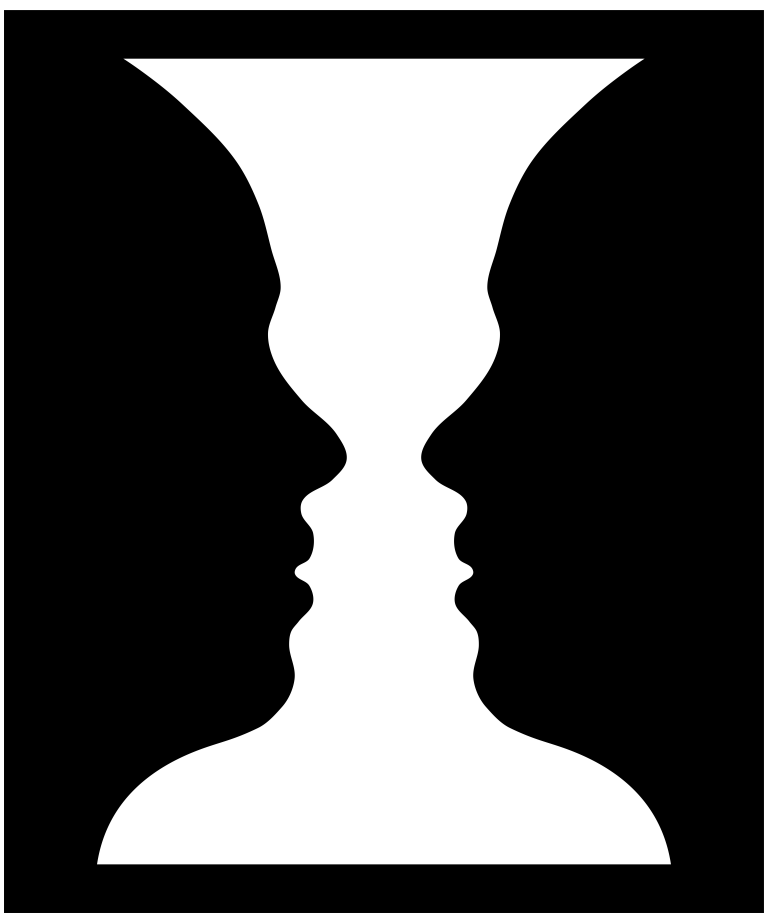
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## **APPENDIX**

### **Meditation/Self Care Apps**

1. Headspace
2. Calm
3. Relax Melodies
4. Shine
5. Art of Living Journey
6. Insight Timer
7. Sattva
8. Smiling Mind
9. Ten Percent Happier
10. Reflectly

### **Mental Health Resources**

*For those seeking a therapist or on-line counseling:*

[www.theravive.com](http://www.theravive.com)

[www.goodtherapy.com](http://www.goodtherapy.com)

[www.betterhelp.com](http://www.betterhelp.com) (Online Counseling)

[www.therapytribe.com](http://www.therapytribe.com)

[www.christiancounselordirectory.com](http://www.christiancounselordirectory.com)

[www.therapyforblackgirls.com](http://www.therapyforblackgirls.com)

[www.therapyforblackmen.org](http://www.therapyforblackmen.org)

[www.ethniccounselors.com](http://www.ethniccounselors.com)

[www.blacktherapistsrock.com](http://www.blacktherapistsrock.com)

[www.muslimmentalhealth.com](http://www.muslimmentalhealth.com)

[www.lgbtqtherapistresource.com](http://www.lgbtqtherapistresource.com)

[www.nqttcn.com/directory](http://www.nqttcn.com/directory) (National Queer and Trans Therapist of Color)

[www.talktoivy.com](http://www.talktoivy.com) (Online Counseling)

[www.talkspace.com](http://www.talkspace.com) (Online counseling)

For those seeking free or low-cost counseling services:

[www.opencounseling.com](http://www.opencounseling.com)

[www.ccdm.org](http://www.ccdm.org) (Catholic Charities)

National Suicide Prevention Lifeline: 1-800-273-8255

**General Resources for Parents:**

Jensen, France E with Amy Ellis Nutt. *The Teenage Brain: A Neuroscientists Survival Guide to Raising Adolescents and Young Adults*. New York: HarperCollins Publishers, 2015.

American Academy of Pediatrics website - [www.healthychildren.org](http://www.healthychildren.org)

You can find a host of other resources on my website - [www.drlizconsulting.com](http://www.drlizconsulting.com)