

Dealing with anxiety

The logo for 'The Brave Program' features the text 'The Brave Program.' in a playful, hand-drawn font. Three stars are positioned around the text: a green star above 'The', a purple star above 'Program.', and an orange star below 'Brave'.

The BRAVE Program is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries. There are also programs for parents.

Free printable resources

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- [Helping children cope](#)

THE BREATH PROJECT

A teaching site dedicated to helping you de-stress...