

## LITERATURE & WORKBOOKS FOR MILITARY FAMILIES

Age	Title	Author	Topic	Language	Location	Availability
Family	While You Were Away: 101 Tips for Families with Military Teens	Megan Egerton-Graham	lifestyle	en	MFRC	yes
Family	While You Were Away: 101 Tips for When They're Back	Megan Egerton-Graham	reunion	en	MFRC	yes
Family	A Fun Way to Keep Military Families Connected	Military Family Services Program	deployment	en/fr	MFRC	yes
Family	ToolBox: For parents of children aged five and under	MFSP & Valcartier Family Centre	deployment	en/fr	MFRC	yes
Children	Little Critter: We Are Moving	Mercer Mayer	relocation	en	Shilo Library	yes
Children	The Berenstain Bears: Moving Day	Stan & Jan Berenstain	relocation	en	Shilo Library	yes
Children	Moving Day	Robert Munsch	relocation	en	Shilo Library	yes
Children	The Kissing Hand	Audrey Penn	separation anxiety	en/fr	Shilo Library	yes
Children	Chester The Brave	Audrey Penn	resilience	en	Shilo Library	July
Children	The Invisible String	Patrice Karst	separation	en	Shilo Library	July
Children	The Boy Who Didn't Want to be Sad	Rob Goldblatt	emotions	en	Shilo Library	July
Children	A Father to be Proud of	Sheila Johnston	deployment	en/fr	MFRC	yes
Children	Joey's Mom is Going Away	Nathalie Connolly	deployment	en/fr	MFRC	yes
Children	I Am Peace	Susan Verde	mindfulness	en	Shilo Library	yes
Children	What To Do When You Worry Too Much	Dawn Huebner	anxiety	en	Shilo Library	yes
Adult	Parenting From Afar	Esquimalt MFRC	deployment	en	MFRC	yes
Adult	The 5 Love Languages	Gary D. Chapman	relationships	en	Shilo Library	yes

