Free Resources:
NAMI (National Alliance on Mental Illness)
Al Anon
NA (Narcotics Anonymous)
AA (Alcoholics Anonymous)
Smart Recovery
Dharma Recovery
CRAFT (Community Reinforcement and Family Training)

Articles of Interest:
New York Times, *Raising Successful Children*
https://www.nytimes.com/2012/08/05/opinion/sunday/raising-successful-children.html
What Happens When you Replace Detention with a Hike?
NYT: What is ADHD isn't about Attention at All?

Suggested Reading
The Anatomy of Peace by the Arbinger Institute
Daring Greatly by Brene Brown
The Gift of Imperfection, Brené Brown
Don't Sweat the Small Stuff by Richard Carson
The Self-Driven Child by William Stixrud, Ph.D. and Ned Johnson
The Parallel Process, Krissy Pozetek
The Anxious Generation, Jonathan Haidt
Man's Search for Meaning, Viktor Frankl
The Body Keeps the Score, Bessel Van Der Kolk
Drama of the Gifted Child, Alice Miller
Parenting from the Inside Out, Daniel Siegel