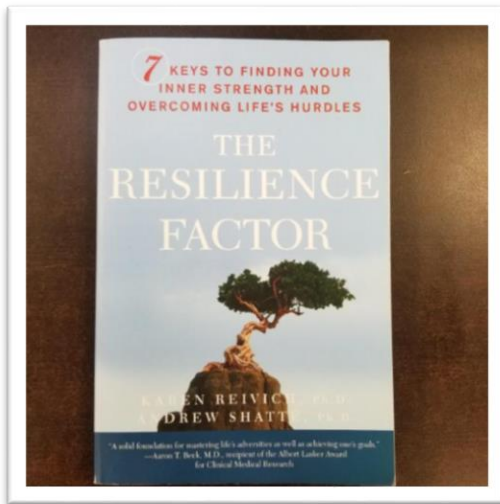




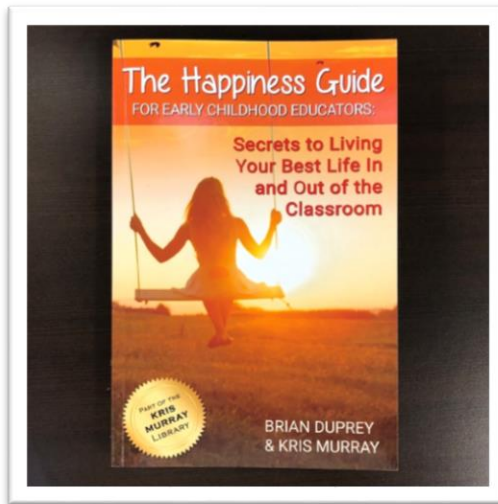
## Resources to Support Mental Health & Well-being

Find resources like these available for borrow or purchase at the ECCDC!

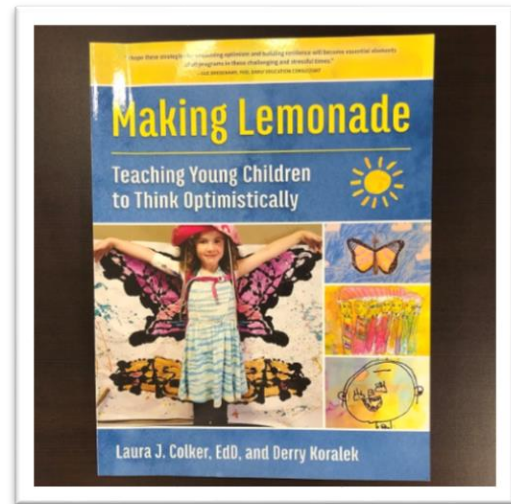
To schedule a pick-up time for resources, please email [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or to purchase visit [www.eccdc.org](http://www.eccdc.org)



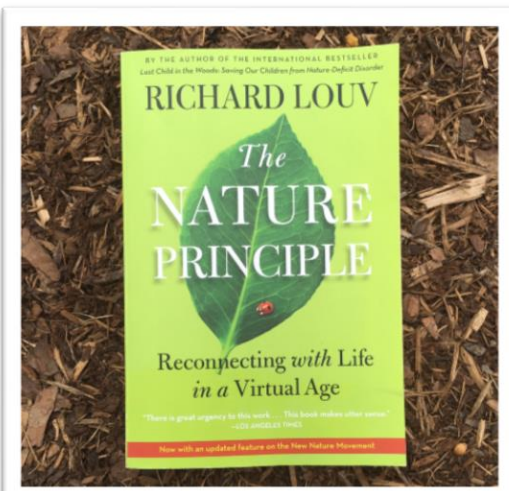
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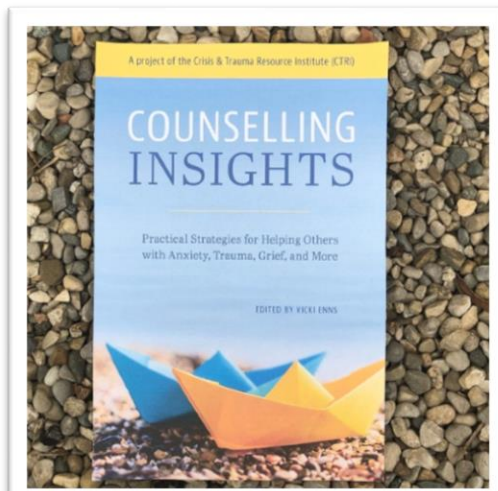
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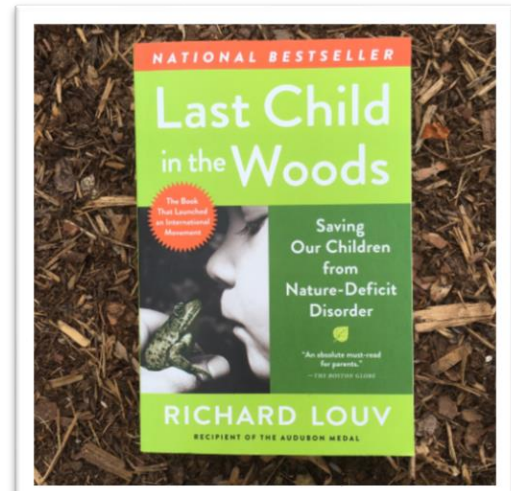
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The Nature Principle: Reconnecting with Life in a Virtual Age



Counselling Insights: Practical Strategies for Helping Others with Anxiety, Trauma, Grief and More



Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder