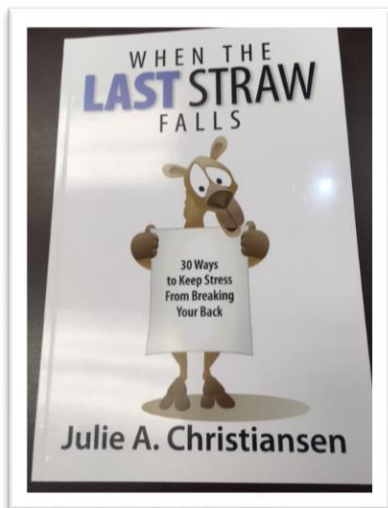




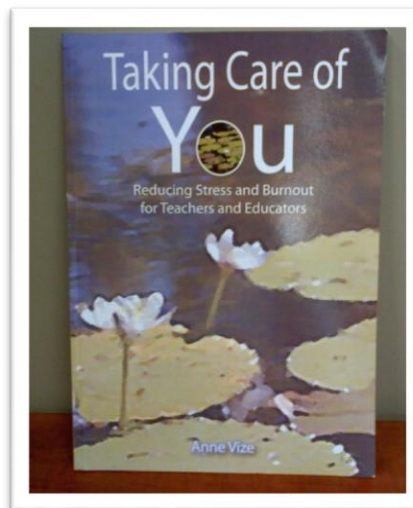
Resources to Support Stress Management

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

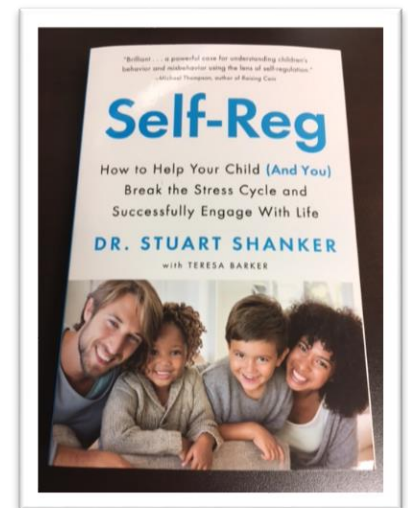
To schedule a pick-up time for resources, please email eccdc@eccdc.org or to purchase visit www.eccdc.org



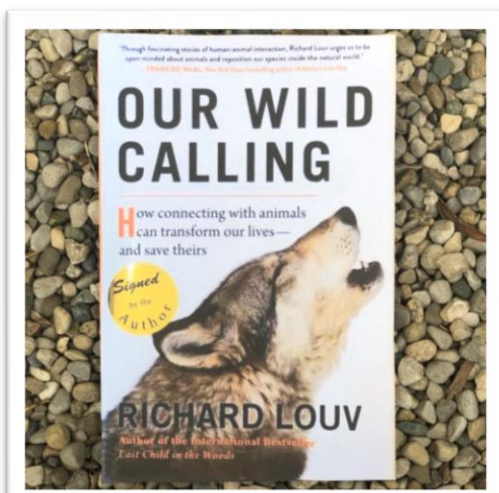
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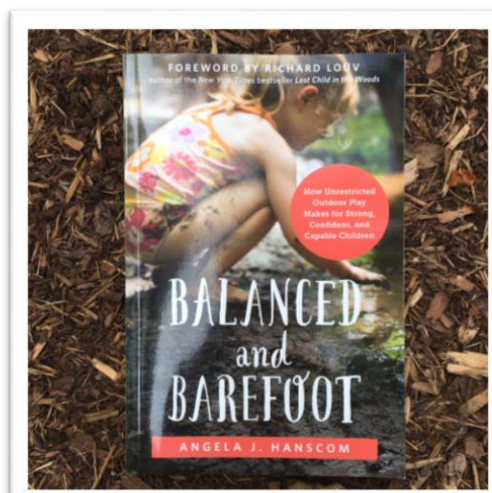
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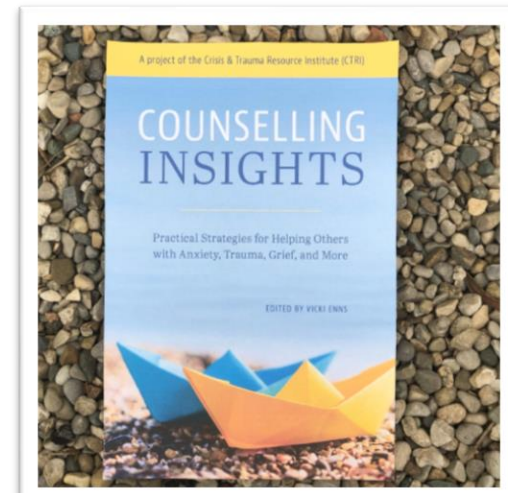
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Our Wild Calling: How Connecting with Animals Can Transform Our Lives – and Save Theirs



Balanced and Barefoot



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