

**Cognitive Behavior Associates Beverly Hills  
Flora Zaken-Greenberg, Ph.D.  
435 N. Bedford Dr. #407  
Beverly Hills, CA 90210  
310-858-3831 Ext. 102**

## ANXIETY

Anxiety and Depression Association of America  
[www.adaa.org](http://www.adaa.org)

Mayo Clinic  
[www.mayoclinic.org](http://www.mayoclinic.org)  
HelpGuide.Org  
[www.helpguide.org/articles/anxiety](http://www.helpguide.org/articles/anxiety)

Centre for Clinical Interventions  
[www.cci.health.wa.gov.au/resources/infopax.cfm?Info\\_ID=46](http://www.cci.health.wa.gov.au/resources/infopax.cfm?Info_ID=46)

The Children's and Adult Center for OCD and Anxiety  
<http://www.worrywisekids.org/node/24>

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## AUTISM

Autism Society of America  
[www.autismsociety.org](http://www.autismsociety.org)

Autism Speaks  
<https://www.autismspeaks.org/>

Center for Autism and Related Disorders  
[www.centerforautism.com](http://www.centerforautism.com)

Autism Research Institute  
[www.autism.com](http://www.autism.com)

National Autism Association  
[www.nationalautismassociation.org](http://www.nationalautismassociation.org)

Career Assistance for People with Autism  
[www.hloom.com](http://www.hloom.com)

National Center for Autism Resources & Education  
[www.autismnationalresources.org](http://www.autismnationalresources.org)

AutismNOW  
[www.autismnow.org](http://www.autismnow.org)

## Autism Page 2

US Department of Health and Human Services  
[www.healthfinder.gov](http://www.healthfinder.gov)

Autism Service Dogs, Leash-On-Life  
[tenderlovingcanines.org/autism-service-dogs/](http://tenderlovingcanines.org/autism-service-dogs/)

Autism & Addiction: Coping with & Treating Your Dual Diagnosis  
[www.iaddiction.com/addiction/autism](http://www.iaddiction.com/addiction/autism)

Autism Resources for Families  
[nationalautismcenter.org/resources/for-families/](http://nationalautismcenter.org/resources/for-families/)

Sesame Street Autism Resources for Parents  
[autism.sesamestreet.org/](http://autism.sesamestreet.org/)

Reduce the Noise: Help Loved ones with Sensory Overload Enjoy shopping  
[retailmenot.com/blog/](http://retailmenot.com/blog/)

CDC Autism Links & Resources  
[cdc.gov/ncbddd/autism/links.html](http://cdc.gov/ncbddd/autism/links.html)

Operation Autism for Military Families  
[operationautismonline.org/](http://operationautismonline.org/)

Academic Accommodation Resources  
[washington.edu/doit/accommodation](http://washington.edu/doit/accommodation)

Temple Grandin's Teaching Tips  
[iidx.indiana.edu/?pageId=601](http://iidx.indiana.edu/?pageId=601)

Estate Planning for Parents of Kids with Autism  
[justgreatlawyers.com/estate](http://justgreatlawyers.com/estate)

Guide to Living With Sensory Overload

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## **SENIORS AND AGING**

National Association of Area Agencies on Aging  
[www.n4a.org](http://www.n4a.org)

Psychology Today  
[www.psychologytoday.com/search/site/aging](http://www.psychologytoday.com/search/site/aging)

Aging at Home: Common Problems & Solutions  
[homeadvisor.com/r/](http://homeadvisor.com/r/)

How Seniors are Designing Social Support Networks  
[customers.com/](http://customers.com/)

The Ultimate Guide to Home Accommodations for Persons with Disabilities  
[www.redfin.com/blog/](http://www.redfin.com/blog/)

The Benefits of Emotional Support Animals  
[servicedogcentral.org/content/ESA](http://servicedogcentral.org/content/ESA)

Depression in the Elderly: 7 Ways to Help  
[health.com/health/gallery/](http://health.com/health/gallery/)

Guide to Addiction Prevention for Seniors  
[newbeginningsdrugrehab.org](http://newbeginningsdrugrehab.org)

Finding a Family: Discovering Your Queer Community When You're 65  
[mashable.com](http://mashable.com)

Recognizing & Treating Depression: A Guide for the Elderly & Their Caregivers  
[ec-online.net/knowledge/articles/](http://ec-online.net/knowledge/articles/)

Rehab & Medicare: The Ultimate Guide to Addiction Treatment for Seniors

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## **COLLEGE AND CAREER GUIDANCE**

College Career Life Planning  
[www.collegecareerlifeplanning.com](http://www.collegecareerlifeplanning.com)

Occupational Outlook Quarterly  
[www.bls.gov/opub.oog/home/htm](http://www.bls.gov/opub.oog/home/htm)

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HelpGuide.Org  
[www.helpguide.org/home-pages/depression.htm](http://www.helpguide.org/home-pages/depression.htm)

Psychology Today

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[www.nclld.org](http://www.nclld.org)

Learning Disabilities OnLine  
[www.ldonline.org](http://www.ldonline.org)

Business Ideas for People with Disabilities  
[www.commercialcapitaltraining.com](http://www.commercialcapitaltraining.com)

Rental Housing Rights For Disabled Tenants  
[civilrights.findlaw.com](http://civilrights.findlaw.com)

Moving with Seniors and People with Disabilities  
[www.sparefoot.com](http://www.sparefoot.com)



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## **MARRIED LIFE**

American Association for Marriage and Family  
[www.aamft.org](http://www.aamft.org)

Reader's Digest  
[www.rd.com/slideshows/happy-marriage/](http://www.rd.com/slideshows/happy-marriage/)

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## **HEALTHY LIVING**

HealthGuide.Org  
[www.helpguide.org/home-pages/exercise-fitness.htm](http://www.helpguide.org/home-pages/exercise-fitness.htm)

100 Free Recipes  
[www.janwww.januvia.comuvia.com](http://www.janwww.januvia.comuvia.com)

Additional Recipes

[www.diabetes.www.diabetes.org/recipesorg/recipes](http://www.diabetes.www.diabetes.org/recipesorg/recipes)  
<http://www.mayoclinic.com/health/healthyrecipes/RecipeIndex>

Diabetes In A New Light: Paula Dean Adopted Recipes

<http://registration.diabetesinanevlight.com>

Recipes for Healthy Living

**Strawberry and Cream Cheese Crepes**

1/4 cup skim or part skim milk ricotta cheese  
2 large eggs  
2 tbsp of Splenda  
1/2 teaspoon cinnamon (optional)  
1/2 teaspoon vanilla extract (no sugar added)  
Butter flavored Cooking Spray (i.e. Pam)  
1/2 cup chopped fresh strawberries  
4 whole strawberries, for garnish  
1/4 cup fat free cream cheese

**Hard Boiled Eggs**

keep in the refrigerator.  
Peel and enjoy.

**Turkey or Chicken Breast Sandwich Lettuce Roll Up**

2 clean leaves of Romaine Lettuce  
3 slices of lean sliced turkey or chicken breast  
Mustard or Low Fat Mayonnaise  
Place 1 1/2 slices of meat on each leaf, add the mayonnaise or mustard and roll up.

**Grapes & Yogurt**

Take any low fat yogurt and mix in about 12 grapes.

**Turkey & Cheese**

1 low fat cheese stick  
1 slice of turkey  
Wrap the slice of turkey around the cheese stick for a filling snack full of protein.

**Turkey or Ham Pita Pockets**

Whole wheat Pita cut in half (can substitute whole grain wrap).  
Put in 2 slices of turkey or ham  
Put in some chopped veggies  
Add some hummus or salad dressing and enjoy.

**Peanut Butter & Jelly Pita Pockets or Wraps**

Whole wheat Pita cut in half (can substitute whole grain wrap).  
Sugar free peanut butter (many grocery stores now make their own).  
Sugar free jelly or jam  
Spread one tablespoon of peanut butter on one side  
Spread one teaspoon of jelly on the other side  
If it is a wrap, roll it up. If it is a pita, just close and enjoy.

## Healthy Living Page 3

### **Strawberry Daiquiri**

Place frozen strawberries in blender  
Add Tropicana Sugar Free Orangeade (1/2 can)  
3 Tbsp Lime Juice (with no added sugar)  
10 packets of Splenda (may adjust to taste)

### **Frozen Yogurt**

Take your favorite low fat, reduced sugar yogurt and freeze it overnight. Leave it out for five minutes before ready to eat and enjoy.

### **Apples & Peanut Butter**

2 tbsp of natural, sugar free peanut butter  
1 medium apple, sliced  
Place some peanut butter on each apple slice and enjoy!

### **Frozen Grapes**

Seedless green or red grapes  
Place in the freezer and enjoy, about 16 grapes.

### **Cheesy Celery Sticks**

3 or 4 clean and washed celery sticks  
1 or 2 wedges of Laughing Cow Cheese  
10-12 raisins  
Spread Laughing Cow Cheese spread into a celery stick, put the raisins across the top.

### **Sugar Free Apple Sauce**

### **Carrots & Hummus**

### **Veggie Pita Pockets**

Whole wheat Pita cut in half (can substitute whole grain wrap).  
Put in some chopped veggies  
Add some hummus or salad dressing and crunch away.

### **Low Fat Pudding Cups with raisins or granola sprinkled in.**

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## **SCHIZOPHRENIA**

[www.schizophrenia.com](http://www.schizophrenia.com)

The Schizophrenia & Related Disorders Alliance National Alliance on Mental Illness  
[www.sardaa.org](http://www.sardaa.org)

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## **ATTENTION DEFICIT HYPERACTIVITY DISORDER**

Attention Deficit Disorder Association  
[www.add.org](http://www.add.org)

Attention Deficit Resources  
[www.addresources.org](http://www.addresources.org)

Russell A. Barkley  
[www.RussellBarkley.org](http://www.RussellBarkley.org)

Creating the Optimal Living Environment for a Child with ADHD  
[www.homeadvisor.com/](http://www.homeadvisor.com/)

ADHD & Addiction- What is the Risk?  
[www.discoveryplace.info/adhd](http://www.discoveryplace.info/adhd)

Creating the Optimal Living Environment for a Child with ADHD  
[homeadvisor.com](http://homeadvisor.com)

Helping Your Teen Navigate ADHD on His Own Terms  
[additudemag.com/adhd](http://additudemag.com/adhd)

Is it Old Age or ADHD?  
[well.blogs.nytimes.com/2015](http://well.blogs.nytimes.com/2015)

How Dogs can Help People with ADHD&ADD  
[rover.com/blog/dogs](http://rover.com/blog/dogs)

10 common Challenges & Best Practices for Teaching Students with ADHD  
[scholastic.com/teachers/article/](http://scholastic.com/teachers/article/)

ADHD & Addiction- What is the Risk?  
[discoveryplace.info/adhd](http://discoveryplace.info/adhd)

How to Manage Employees with ADD/ADHD  
[forbes.com/sites/](http://forbes.com/sites/)

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## **TRAUMA**

American Psychological Association  
<http://www.apa.org/topics/trauma/>

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Trauma Psychology Today  
[www.psychologytoday.com/basics/trauma](http://www.psychologytoday.com/basics/trauma)

Child Trauma Academy

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## **SUICIDE PREVENTION**

National Suicide Prevention Lifeline  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

National Institute of Mental Health  
[www.nimh.nih.gov/health/topics/suicide-prevention](http://www.nimh.nih.gov/health/topics/suicide-prevention)

American Foundation for Suicide Prevention  
[www.afsp.org](http://www.afsp.org)

HelpGuide.Org  
[www.helpguide.org/home-pages/suicide-prevention.htm](http://www.helpguide.org/home-pages/suicide-prevention.htm)

How to cope with Suicidal Thoughts & Feelings  
[www.Healingfromdepression.com](http://www.Healingfromdepression.com)

Anger, Depression & Disability: Adapting to a New Reality  
[gJGoodtGoodherapy.org/blog](http://gJGoodtGoodherapy.org/blog)

The Guide to Rebuilding Bridges with Your Loved Ones After Battling Addiction  
[addictioncampuses.com](http://addictioncampuses.com)

Earlier Than Too Late: Stopping Stress & Suicide Among Emergency Personnel  
[emsworld.com/article](http://emsworld.com/article)

Teens & Peer Suicide: Dangerous Potential After-Effects  
[everydayhealth.com/](http://everydayhealth.com/)

After a Suicide Attempt: A Guide for Family & Friends  
[torontodistresscentre.com/sites](http://torontodistresscentre.com/sites)

Left Behind After Suicide  
[health.harvard.edu/newsletter](http://health.harvard.edu/newsletter)



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## **BORDERLINE PERSONALITY DISORDER**

National Institute of Mental Health  
[www.nimh.nih.gov/health/topics/borderline-personality-disorder/index.shtml](http://www.nimh.nih.gov/health/topics/borderline-personality-disorder/index.shtml)

National Education Alliance Borderline Personality Disorder  
[www.borderlinepersonalitydisorder.com/](http://www.borderlinepersonalitydisorder.com/)

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[additudemag.com/adhd](http://additudemag.com/adhd)

Is it Old Age or ADHD?  
[well.blogs.nytimes.com/2015](http://well.blogs.nytimes.com/2015)

How Dogs can Help People with ADHD&ADD  
[rover.com/blog/dogs](http://rover.com/blog/dogs)

10 common Challenges & Best Practices for Teaching Students with ADHD  
[scholastic.com/teachers/article/](http://scholastic.com/teachers/article/)

ADHD & Addiction- What is the Risk?  
[discoveryplace.info/adhd](http://discoveryplace.info/adhd)

How to Manage Employees with ADD/ADHD  
[forbes.com/sites/](http://forbes.com/sites/)

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HelpGuide.Org  
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How to cope with Suicidal Thoughts & Feeling  
[healingfromdepression.com](http://healingfromdepression.com)

Anger, Depression & Disability: Adapting to a New Reality  
[goodtherapy.org/blog](http://goodtherapy.org/blog)

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## **PARENTING**

Today Parents  
[www.today.com/parents/secrets-healthy-marriage-kids-1D80245233](http://www.today.com/parents/secrets-healthy-marriage-kids-1D80245233)

American Academy of Pediatrics  
[www.healthychildren.org/English/Pages/default.aspx](http://www.healthychildren.org/English/Pages/default.aspx)

Boys Town  
[www.boystown.org/parenting/guides](http://www.boystown.org/parenting/guides)

US National Library of Medicine  
[www.nlm.nih.gov/medlineplus/parenting.html](http://www.nlm.nih.gov/medlineplus/parenting.html)

12 Ways to Help to Help a Teen Handle the Emotional Challenges of Moving  
[redfin.com/blog](http://redfin.com/blog)

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Psychology Today  
[www.psychologytoday.com/search/site/depression](http://www.psychologytoday.com/search/site/depression)

Understanding & Accepting Depression  
[fredonia.edu/counseling](http://fredonia.edu/counseling)

10 Things People with Depression Want You to Know  
[young.scot/information](http://young.scot/information)

7 Ways to Deal with People Who Don't Understand Depression  
[everydayhealth.com](http://everydayhealth.com)



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American Academy of Pediatrics

[www.healthychildren.org/English/Pages/default.aspx](http://www.healthychildren.org/English/Pages/default.aspx)

Boys Town

[www.boystown.org/parenting/guides](http://www.boystown.org/parenting/guides)

US National Library of Medicine

[www.nlm.nih.gov/medlineplus/parenting.html](http://www.nlm.nih.gov/medlineplus/parenting.html)

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## **SELECTIVE MUTISM**

Selective Mutism Foundation  
<http://www.selectivemutismfoundation.org>

Selective Mutism Factsheet for schools and parents  
<https://kidshealth.org/en/parents/selective-mutism-factsheet.html>

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## **ADDICTION**

Alcohol Awareness Council  
<http://drugabuse.com/usa/drug-abuse/clearwater-fl/>  
<http://www.treatment4addiction.com/rehab/florida/clearwater/>  
[www.addictioncenter.com/rehabs/florida/](http://www.addictioncenter.com/rehabs/florida/)

Addiction Resources  
[addictionresource.com](http://addictionresource.com)

Healthcare/ Addiction  
[healthfinder.gov](http://healthfinder.gov)

Quit Smoking  
[quitsmokingcommunity.org](http://quitsmokingcommunity.org)

Lung Cancer due to Smoking  
<https://www.drugwatch.com/lung-cancer/>

Tobacco Death Prevention  
<https://www.drugwatch.com/tobacco/>

Addiction as a Disease: Understanding the Disease Model  
[discoveryplace.info/signs](http://discoveryplace.info/signs)

African Americans & Substance Abuse: Addressing Mental Health Issues Before

Addiction Takes Control  
[rehabcenterreviews.com/](http://rehabcenterreviews.com/)

Discrimination & Addiction: How to Overcome Prejudice Without Relying on Drugs or Alcohol  
[treehouserehab.org/](http://treehouserehab.org/)

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How Mental Illness &  
Addiction Influence Each Other  
[everydayhealth.com/addiction](http://everydayhealth.com/addiction)

Comorbidity: Addiction & Other Mental Illnesses  
[drugabuse.gov/sites/](http://drugabuse.gov/sites/)

The Best Things Parents Can Do to Prevent Teenage Drinking  
[elementsbehavioralhealth.com/adolescent](http://elementsbehavioralhealth.com/adolescent)

The Dangers of Drinking & Driving  
[quitalcohol.com/](http://quitalcohol.com/)

Sober Times  
[sobertimes.com/](http://sobertimes.com/)

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## **SPECIAL NEEDS CHILDREN**

The guide to securing Life-long Accommodations for Adult Children with Special Needs  
[www.redfin.com/blog/2016](http://www.redfin.com/blog/2016)

Supports, Modifications & Accommodations for Students with Disabilities  
[www.parentcenterhub.org](http://www.parentcenterhub.org)

Teaching Your Child about Peers with Special Needs  
[www.care.com/a/teaching-your-child-about-peers](http://www.care.com/a/teaching-your-child-about-peers)

20 Incredible Colleges for Students with Special Needs  
[www.bestcollegesonline.com/blog](http://www.bestcollegesonline.com/blog)

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## **PTSD**

After the Battle: 7 Health Problems Facing Veterans  
[livescience.com/](http://livescience.com/)

National Alliance on Mental Health  
<https://www.nami.org/Learn-More/Mental-Health-Conditions/Posttraumatic-Stress-Disorder/Support>

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## **GENERAL MENTAL HEALTH**

10 Misleading Assumptions About Mental Illness: Learn the Truth  
[talkspace.com/blog](http://talkspace.com/blog)

15 Ways to Support a Loved one with Serious Mental Illness  
[psychcentral.com](http://psychcentral.com)

Talking to Others About Your Mental Illness  
[healthyplace.com/blogs](http://healthyplace.com/blogs)

Supporting a Family Member with Serious Mental Illness  
[apa.org/helpcenter](http://apa.org/helpcenter)

What Many People Don't Get About Mental Illness  
[psychcentral.com/blog](http://psychcentral.com/blog)

Teen Drugs Abuse: The Facts & Statistics  
[medicinenet.com/teen](http://medicinenet.com/teen)

Reaching Out for Support When You Have a Mental Illness  
[the-orbit.net/brutereason](http://the-orbit.net/brutereason)



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## **OCD**

Obsessive-Compulsive Disorder & Addiction: Identifying & Treating Your Dual  
Diagnosis

[addictioncampuses.com](http://addictioncampuses.com)

Peace of Mind Foundation

<https://peaceofmind.com/resources/ocd-resources/>