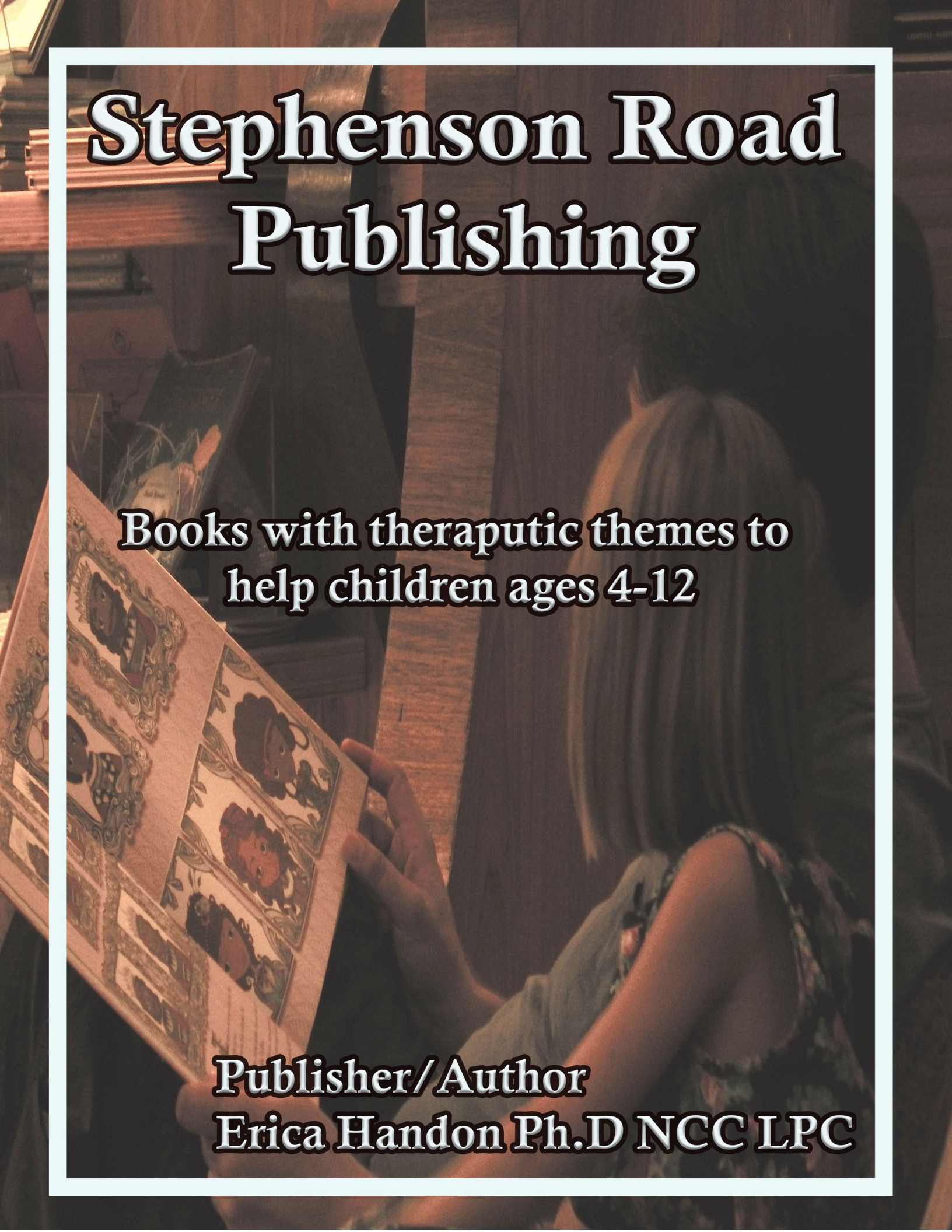

Stephenson Road Publishing

Books with theraputic themes to help children ages 4-12

Publisher/Author
Erica Handon Ph.D NCC LPC

Frank's First Day of School at Feelings Academy

Written by Erica Handon Ph.D LPC
Illustrated by Hend Moharram

Stephenson Road Publishing

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Call: (919) 351-9798

Book Description

This book encourages children to begin exploring and identifying their basic emotions of: Sad, happy, mad, and excited. Follow along as Frank navigates his first day of school. Join Frank on his first day of school at feelings academy when he differences between good feelings and bad feelings. This book offers the reader suggestions on ways to respond to bad feelings. The book is intended to encourage young readers to feel confident on their first day of school.

Target Audience: Preschoolers & Kindergarteners

Therapeutic Theme: Learning Basic Emotions
&
Improve Communication Skills

Dear Monster, Leave me alone

Written by Erica Handon Ph.D NCC LPC

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Book Description

Viola is a ballerina, and her best friend is Alexander, a teddy bear. The two of them share an inseparable bond, but in one fine day, Alexander gets lost. Viola has not ever slept without Alexander and becomes scared as bedtime approaches. This book encourages any child that experiences fears at bed time strategies to overcomes their fears.

Target Audience: **Preschoolers - Fourth Graders**

Therapeutic Theme: **Talk about Fears**
&
Ways to Overcome Worry

Raven Learns Patience

By Erica Handon Ph.D, NCC, LPC
Illustrated by Hend Moharram

By Erica Handon Ph.D. NCC. LPC

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Book Description

Patience is one of the most challenging concepts a young child must learn, Raven is no exception. Raven's birthday is coming up soon. However, Raven would like to begin celebrating her birthday sooner rather than later. As the days leading up the Raven's birthday approaches she becomes increasingly impatient. The purpose of this book is to teach children how to be patient and increase understanding of delayed gratification

Target Audience: Preschoolers - Third Graders

Therapeutic Theme: Learn about Complex Emotions
&
Discuss Delayed Gratification

WRITTEN BY ERICA HANDON
WE ARE SUPERHERO'S
VOLUME ONE: THE BEGINNING

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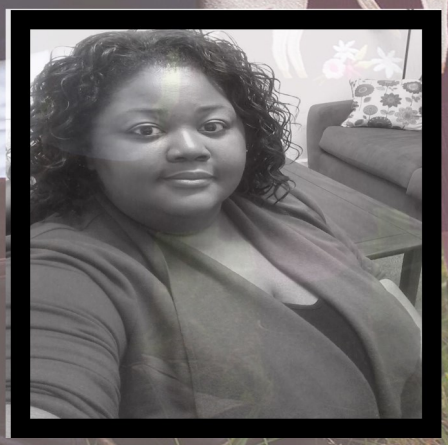
Book Description

Our story begins with the family packing up their belongings and saying goodbye to New York City and moving to North Carolina. Junior and his little brother Shawn have begun to experience extraordinary powers. Unfortunately, the brothers do not exactly know how to control their powers. This book follows the Lyons family as there learn about their superpower and discover the importance of believing in yourself.

Target Audience: First Graders - Fifth Graders

Therapeutic Theme: Learn about Complex Emotions
&
Discuss Delayed Gratification

About Publisher\Author

Dr. Erica Handon has been working as a Licensed Professional Counselor (LPC) with children (age 4-12) who have behavioral and emotional issues since 2008. She has written several professional articles within the field of counseling. Her educational background in counselor education and supervision has allowed her to gain unique expertise in helping children ages 4-12. She has currently written and published five children's books. Her goal as a writer is to provide therapeutic tools and strategies to help children, parents, and educators. Each book has tools and strategies to improve communication skills, identify and express emotions, and learn emotional awareness. She believes people possess the power to accomplish desired goals or outcomes if given adequate support and tools for change.