

Chronic Illness, College & Career Planning, and Transition to Adult Healthcare Resource Guide

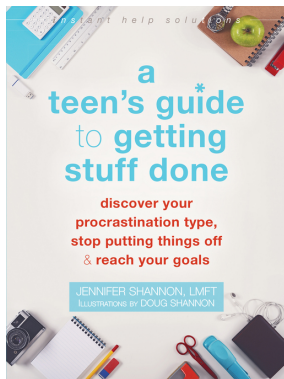
Family Resource Libraries

Karahan Family Resource Library
Children's Health Plano
L1275
469-303-7735

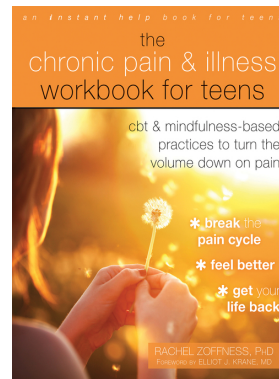
Krissi Holman Family Resource Library
Children's Health Dallas
Health & Leisure - C4205 - 214-456-0222
Children & Teen - C4206 - 214-456-4787

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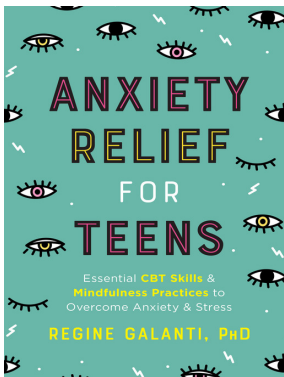
Book Recommendations



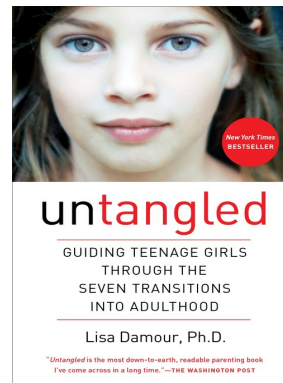
A Teen's Guide to Getting Stuff Done: Discover Your Procrastination Type, Stop Putting Things Off, and Reach Your Goals
by Jennifer Shannon



The Chronic Pain and Illness Workbook for Teens
by Rachel Zoffness



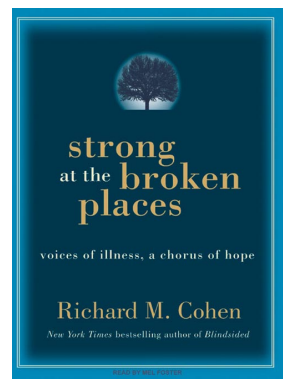
Anxiety Relief for Teens: Essential CBT Skills and Self-Care Practices to Overcome Anxiety and Stress
by Regine Galanti, PhD



Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood
by Lisa Damour, PhD



Communication Skills for Teens: How to Listen, Express, and Connect for Success
by Michelle Skeen



Strong at the Broken Places: Voices of Illness, a Chorus of Hope
by Richard M. Cohen
(audiobook)

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Websites for Chronic Illness, College & Career Planning, and Transition to Adult Healthcare

Center for Young Women's Health

- youngwomenshealth.org/chronic-illness-and-college-planning
- youngwomenshealth.org/taking-charge-of-your-healthcare/
- youngwomenshealth.org/transitioning-to-adult-health-care/

Children's Health

- childrens.com/health-wellness/chronic-disease-transition-to-adulthood

Kids Health - Teens

- kidshealth.org/en/teens/diseases-conditions/
- kidshealth.org/en/teens/center/medical-care-center.html

WebMD

- webmd.com/balance/managing-chronic-disease-at-college#1

Young Men's Health

- youngmenshealthsite.org/college-health-all-guides/
- youngmenshealthsite.org/guides/transitions/

If you need any more information about chronic illness, college & career planning, or transitioning to adult healthcare, email fri.libraries@childrens.com.

Sitios Web Para Enfermedades Crónicas, Planificación Universitaria y Carrera, y Transición a la Atención Médica Para Adultos

Kids Health

- kidshealth.org/teenhealth-Spanish
- kidshealth.org/kidshealth/us/es/teen-managing-healthcare

Texas Parent 2 Parent

- txp2p.org/es/services/services-for-parents-pathway-to-adulthood/healthcare-transition

Si necesita más información sobre enfermedades crónicas, planificación universitaria y profesional o transición a la atención de adultos, correo electrónico, fri.libraries@childrens.com.