

## Financial Resources

### **Credit 101**

Find information about credit cards, including how to avoid credit card fraud.

[www.credit.com/credit\\_information/credit101/](http://www.credit.com/credit_information/credit101/)

### **Financial Planning**

A comprehensive guide to personal finance

[www.financialplan.about.com](http://www.financialplan.about.com)

### **Kids Allowance**

A great way to get kids to learn about the value of money

[www.moneyinstructor.com/art/allowances.asp](http://www.moneyinstructor.com/art/allowances.asp)

### **Money Management Tips**

This site provides tips on how to effectively manage your money, advice on budgeting, debt, management and saving.

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

### **What's My Score**

15-minute tutorial on credit basics, credit cards, and building your credit

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

## Parenting Resources

### **Big Brothers Big Sisters**

Mentoring organization in the United States, volunteers provide support and advice to youth.

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

### **Family Education**

Get advice from parents, exchange ideas, share solutions...valuable resources for parents on the web

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

### **Fight 4 Kids**

Fight 4 kids offers support & ideas for divorce, custody, and postpartum. Also free parenting and anger management classes.

[www.fight4kids.com](http://www.fight4kids.com)

### **Parenting**

Free tips, advice, resources and guidance for parenting

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

### **Sesame Street Parents**

This site provides a wide range of parenting topics, along with creative activities for hands-on learning. A great site for your children also.

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

## Resources to effective communication

### **Active Listening**

Listening is one of the most important skills you can have, a good communication tool.

[www.mindtools.com/commskll/activelistening.htm](http://www.mindtools.com/commskll/activelistening.htm)

### **Communication**

Learn to communicate and listen to one another effectively

[www.marriage.about.com/od/communicationkeys/commuication\\_skills.htm](http://www.marriage.about.com/od/communicationkeys/commuication_skills.htm)

### **Communication Skills Test**

Found out how your interpersonal skills rate by taking this communication skills test.

[www.discoveryhealth.queendom.com/communication\\_skills.html](http://www.discoveryhealth.queendom.com/communication_skills.html)

### **The Power of Laughter, Humor, and Play**

Laughter, humor, and playfulness are powerful communication tools that create a sense of intimacy and connection in relationships.

[www.helpguide.org/mental/eg7\\_playful\\_communication.htm](http://www.helpguide.org/mental/eg7_playful_communication.htm)

## Resources for treatment and self-care

### **ADAA: Anxiety Disorders Association of America**

A guide to the treatment of anxiety disorders, resources for support, and tips for helping friends and relatives.

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

### **Alcoholics Anonymous: Online Intergroup**

Get help now!! This site provides online A.A. meetings or you can locate a group near you.

[www.aa-intergroup.org](http://www.aa-intergroup.org)

### **National suicide prevention lifeline**

1-800-273-talk (8255) 24- hour hotline available to anyone in suicidal crisis or emotional distress.

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

### **PTSD: Post Traumatic Stress Disorder**

Learn all you need to know about PTSD, information on symptoms, diagnosis and treatment.

[www.ptsd.about.com](http://www.ptsd.about.com)

### **WebMD**

WebMD offers medical news, features, reference material, and online community programs

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