



JANINE HALLORAN

Founder of
Coping Skills for Kids

I help teach kids how to deal with stress, anxiety, and anger in healthy and safe ways. I offer resources for both family members and professionals who work with kids. I'm the author of the Coping Skills for Kids Workbook and the creator of the Coping Cue Cards Discovery Deck, aimed at elementary school-aged children.



PODCAST TOPIC IDEAS

- Helping Kids Cope with Stress
- 5 Simple Ways to Help Kids Manage Anxiety
- How can I figure out my child's coping skills?
- Self-Care and Coping Skills for Families

STATS AS OF 4/2018

Facebook: 4015

Instagram: 351

Pinterest: 8015

Page Views: 90,000/month

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