



Autumn brings back-to-school excitement, cooler days, and the simple comfort of getting cozy with a great book. Many of us play a role in supporting youth, whether as parents, caregivers, family members, educators, or mentors. As the school year begins, EAP has compiled a list of books available through PEI Provincial Libraries that can help young people build resilience and navigate life's ups and downs.

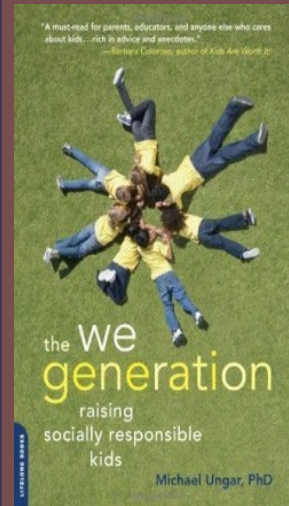
Scroll to the bottom of the newsletter if you are interested in *EAP Reading Recommendations: Reading to Understand with Children*

EAP is here to support the adults who care for and influence young people. While our services are designed for adults rather than children and youth directly, we can help parents, caregivers, and other supportive adults strengthen their skills, build confidence, navigate challenges, and foster healthy relationships. Through confidential counselling, resources, and practical guidance, EAP can help you support the young people in your life as they learn, grow, and thrive. We hope these recommended reads provide another helpful tool for your journey.

EAP's Fall Wellness Picks:

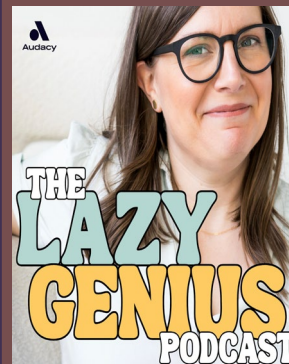


Inspiring Read:



We Generation argues that modern children are not inherently selfish. Instead, they thrive when they move from an individualistic "Me" mindset to a community-focused "We" mindset. Dr. Ungar explains that giving youth real responsibilities and strong connections protects them from risk behaviors and builds genuine resilience.

Podcast:



Episode 433: *When Your To-Do List Feels Too Long* emphasizes managing long to-do lists by asking five key questions: what must be done today, what is hoped for today, what tasks can be combined, delegated, delayed, or made easier, and what doesn't fit current life season. It advocates compassion, prioritization, batching tasks, and adjusting expectations to reduce overwhelm and align with life's realities.

"I am grateful for the October chill. It forces us closer together, to find warmth in community and stillness in ourselves."

— Lucy Maud Montgomery





The Perfect Friend Trap: Finding Balance This Autumn

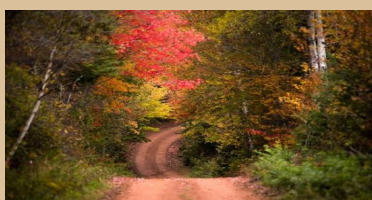
As the nights cool down and we head into the cozy autumn season, it is natural to look for comfort and connection. For many of us, technology—especially artificial intelligence—has become a daily companion. AI tools respond instantly, offer helpful ideas, and are always available. It is easy to see why they feel comforting. However, as we embrace these new digital tools, it is important to remember what they cannot do.

Some experts call the urge to rely too heavily on technology "Perfect Friend Syndrome." Unlike human relationships, AI never has a bad day, never disagrees, and never asks us to compromise. While a frictionless interaction feels easy, it lacks the vulnerability and mutual support that build true bonds. Real relationships can be messy and challenging, but they are also how we grow, learn, and find a true sense of belonging. This season, let's use AI to boost our productivity and spark our creativity, but keep our hearts invested in real people. Need support strengthening your real-world connections? Your Employee Assistance Program is always here to help you build and maintain the relationships that matter most.



Autumn Magic on the Island: PEI's Top Fall Cultural Experiences:

- **Fall Flavours Festival** (September 24 - October 10) – A culinary celebration featuring celebrity chef dinners, community events, and local food experiences across the Island.
- **Farm Day in the City** (October 4) – A massive open-air street market in downtown Charlottetown showcasing over 180 local farmers, artisans, and food vendors.
- **Charlottetown Scarecrow Festival** (October 1 – 31) – A month-long event filling the streets with creative scarecrow displays, festive autumn decorations, and seasonal local cocktails.
- **Live Island Performances** (September – November) – Check out cozy autumn concerts at the Confederation Centre of the Arts and Trailside Music Hall.



Employee Assistance Program

Tel: 902-368-5738

Email: eap@gov.pe.ca

Website: <https://psc.gpei.ca/employee-assistance-program>

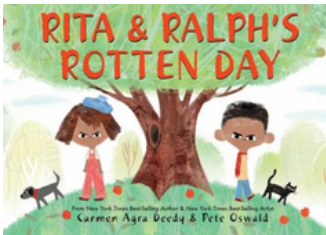
EAP Reading Recommendations



Reading to Understand with Children

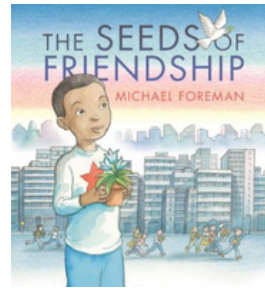
Our PEI Provincial Library system is a great resource for books to read with kids who are having big feelings. Reading books to children about characters who are having similar experiences as them can help them to process some of their own emotions. Here are some books (not an exhaustive list!) that are available for loan at the library:

Friendship



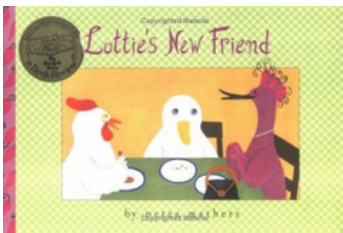
Rita & Ralph's rotten day by Carmen Deedy

A silly accident while goofing around ends up with both of them angry and unhappy-- and they both need to find a way to heal the break in their relationship.



The seeds of friendship by Michael Foreman

Adam, an immigrant boy in a big city, is lonely until he see snow for the first time and starts to play with the neighborhood children, but when he starts school he gets some seeds and begins to plant them with help from his new friends.



Lottie's new friend by Petra Mathers

When a new bird moves in nearby, Herbie the duck worries that his friend Lottie the chicken doesn't care about him anymore.



Two by Kathryn Otoshi

Two's best friend is One...until Three jumps in between them. A powerful story of friendship, loss, letting go, and self-discovery.



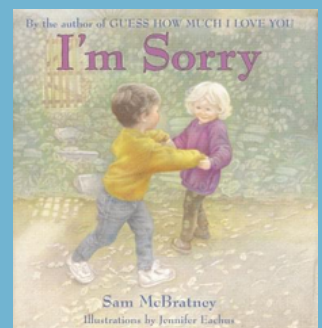
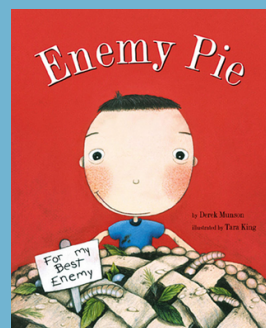
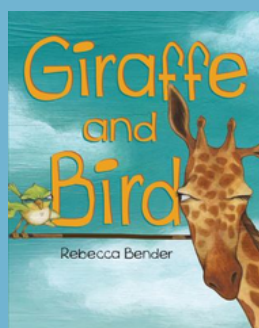
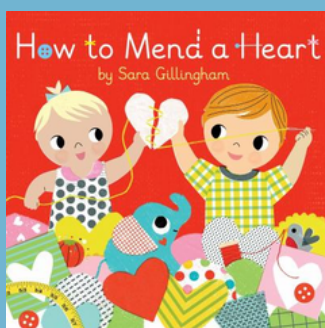
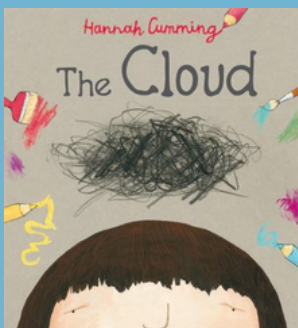
Ready to soar by Cori Doerrfeld

Riley's paper airplane is ready for take-off, but criticisms from all the birds threaten to ground the plane, until Riley meets a more supportive friend and rediscovers the joy of soaring



Sign up here : a story about friendship by Kathryn Cole

When Dee-Dee finds herself excluded from various activities and clubs by the other kids, she and her teacher come up with a plan to show what good friends are and how they should treat each other.



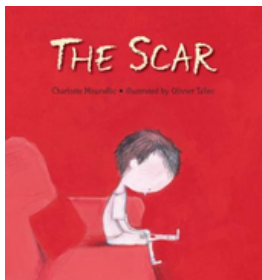
Grief



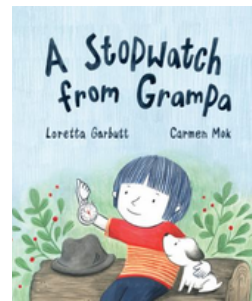
Ben's flying flowers by Inger Maier
Emily introduces her younger brother, Ben, to butterflies, which he calls "flying flowers," and when his illness makes him too weak to go see them she draws him pictures, but after his death she no longer wants to draw happy things. Includes note to parents.



What on earth do you do when someone dies?
by Trevor Romain
This book, full of concrete advice and expressive illustrations, offers the comfort and reassurance that children need during these difficult times. Written to and for kids.



The Scar
by Charlotte Moundlic
When his mother dies, a little boy is angry at his loss but does everything he can to hold onto the memory of her scent, her voice, and the special things she did for him, even as he tries to help his father and grandmother cope.



A stopwatch from Grampa
by Loretta Garbutt
In this touching debut picture book about the loss of a beloved grandfather, author Loretta Garbutt explores the stages of grief with a delicate hand.



Something very sad happened : a toddler's guide to understanding death
by Bonnie Zucker
Offers additional guidance on how to talk with very young children about death, respond to difficult questions, navigate funerals & create meaningful ways to remember the person who died.



Still Mine
by Jayne Pillemer
But what happens when the person you love is gone? Your heart hurts and you miss them, but even though your eyes can't see them anymore and your arms can't hug them, they are still there, still yours to love ... just in a different way



Granny left me a rocket ship
by Heather Smith
A beautiful story about memory, loss and grief, and how we can joyfully remember our loved ones after they're gone.



What happens when a loved one dies? : our first talk about death
Whether children are experiencing grief and loss for the first time or simply curious, it can be difficult to know how to talk to them about death. This book allows adults to guide the conversation to a natural and reassuring conclusion.



Maybe Tomorrow
by Charlotte Agell
Elba carries the black block of grief and sadness wherever she goes--until Norris comes along and helps her to let go of the block and enjoy life again.

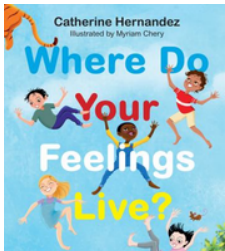


Emotions



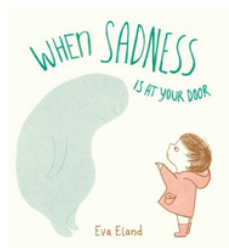
Sometimes I kaploom
by Rachel Vail

Masterfully explores how hard it can be for children when they're nervous or scared and have to transition to new places and faces when they just don't feel quite ready.



Where do your feelings live?
by Catherine Hernandez

Championing young people for weathering the storms of their many emotions and trying their best, Where Do Your Feelings Live? is a gentle celebration of all the tricky feelings that make us who we are.



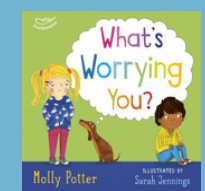
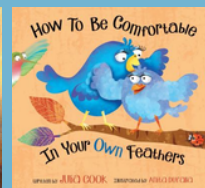
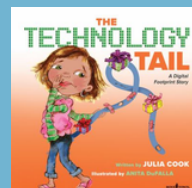
When sadness is at your door
by Eva Eland

A young child experiences sadness as if it were a visitor, acknowledging the emotion and suggesting activities to do with it.



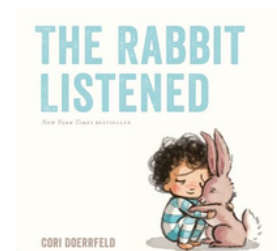
Fergal and the bad temper
by Robert Starling

Fergal the dragon does not like being told what to do. Its not fair! He loses his temper and snorts angry fire. He feels sorry afterward, but Fergal just can't control his outbursts! Can this dragon learn to cool it before a temper tantrum hits?



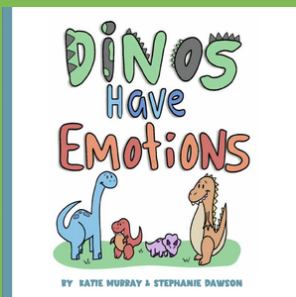
I'm sad
by Michael Black

Flamingo learns that it is okay to be sad sometimes and that her friends, the little girl and Potato, will stand by her no matter how she feels.



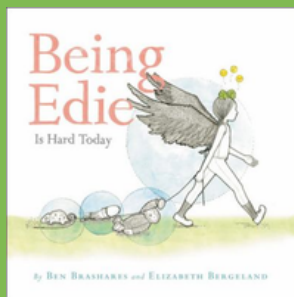
The rabbit listened
by Cori Doerrfeld

When Taylor's block castle is destroyed, all the animals think they know just what to do, but only the rabbit quietly listens to how Taylor is feeling.



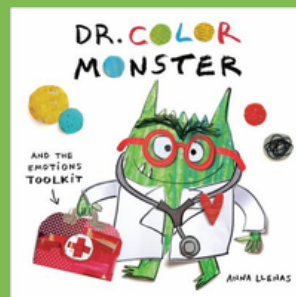
Dinos have emotions
by Katie Murray

A therapeutic children's book that explores ten unique Dinos and their emotions: Sadness, Happiness, Anger, Love, Disgust, Gratitude, Fear, Hope, Shame, and Pride.



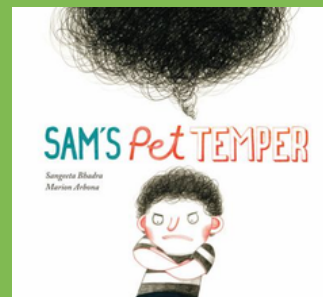
Being Edie is hard today
by Ben Brashares

A sensitive girl imagines transforming herself into different animals to help manage her intense emotions during difficult situations at school.



Dr. Color Monster and the emotions toolkit
by Anna Llenas

The Color Monster uses his emotions toolkit to help the reader learn to regulate emotions through many different self-soothing, therapeutic techniques.



Sam's pet temper
by Sangeeta Bhadra

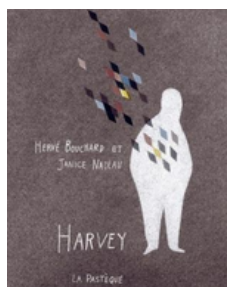
When Sam's new pet temper keeps getting him into trouble, he has to figure out a way to control it.



I feel teal
by Lauren Rille

Encourages the reader to enjoy all of the colors, representing feelings, that may be experienced in the course of a day.

Lectures en français



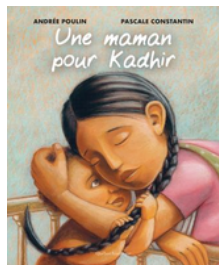
Harvey : comment je suis devenu invisible
par Hervé Bouchard

Alors qu'ils participaient à une course de cure-dents sur le courant qui fait dévaler la rigole d'un glaçon fondant jusqu'au puisard, Harvey et son frère Cantin apprennent le décès de leur père.



Les derniers moments de grand-papa
par Yvan DeMuy

Lily adore son grand-papa, tout comme son odeur de chocolat et de feuilles d'automne, et espère ainsi très fort qu'il soit là pour toujours auprès d'elle. Pourtant, il la regarde un jour droit dans les yeux pour lui dire qu'il s'apprête à faire un long voyage lui permettant de retrouver sa grand-mère, qui est décédée quand elle était toute petite.



Une maman pour Kadhira
par Andrée Poulin

Un terrible tsunami ravage les plages et les villages. Parmi les décombres, Anjali découvre un bébé. Plusieurs femmes réclament l'enfant sans nom. Laquelle de ces mères au cœur brisé dit vrai? Et si la compassion faisait naître une nouvelle famille?

Émotions



La balade de Couci et Couça
par Amélie Dubois

Un album amusant qui explore diverses expressions rigolotes utilisées pour décrire le monde, les émotions ou encore les traits de personnalités.



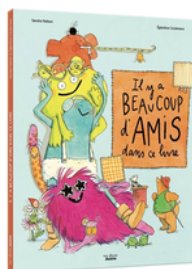
Une girafe ça sourit, oui!
par Andrée Poulin

Un album profondément émouvant qui relate, dans une suite de haïkus tout en finesse, le parcours riche en émotions d'un girafon auquel les lecteurs n'auront aucun mal à s'identifier.



Comment ça va? : dessinons nos émotions par Elise Gravel

Comment ça va? est un livre d'activités qui permet aux jeunes de prendre conscience de leurs émotions et des réactions qu'elles entraînent tout en s'amusant à les exprimer en dessinant. Le livre explore trois types de concepts à partir des idées suivantes : « Ce que tu ressens », « Nomme ton émotion » et « Comment te sens-tu quand...? ».



Il y a beaucoup d'amis dans ce livre par Sandra Nelson



La couverture : une histoire d'amitié par Leonarda Carranza
Inspirée par les expériences de l'autrice, cette histoire décrit de manière touchante et adaptée aux enfants ce qu'est l'expérience du racisme et de l'exclusion, et ce que signifie se faire des ami-es.

Amitié



Ma maison jaune
par Catherine Girouard

À la fois, le lecteur lit la nostalgie de ce qui est laissé, mais aussi les merveilleuses rencontres à venir. Le message selon lequel le changement est difficile, mais qu'il apporte aussi des éléments positifs est habilement amené

Parenting To Go Kits



Each Parenting to Go bag contains a selection of books on a specific parenting topic. Topics range from mental health and death, grief and loss to parenting teenagers and toddlers.