

"IT'S NEVER TOO LATE OR EARLY TO START YOUR JOURNEY TO LIGHT AND LOVE!"

Little Z and Firefly is a children's mental health book that teaches kids how to maintain their mental wellness. This book teaches children how to incorporate seven healthy coping mechanisms into their daily lives so that eventually, they grow to be healthy and happy adults. Throughout their journey to "Light and Love," both Little Z and Firefly learn valuable lessons about supporting someone in a "Dark Place."

The accompanying workbook takes those seven tools and makes them into tangible resources to use when a child finds themselves in their own "Dark Place." Parents are guided on how to frame and implement each tool with confidence.

This book is perfect for parents, teachers, counselors, and anyone looking to find a tangible, interactive resource to help empower the young people in their lives. It is also a book for adults who may struggle with where to start when talking about mental health to their children.

**HEATHER
MISHEL
WILLIAMS**



[@littlez_firefly](https://www.instagram.com/littlez_firefly)



[MisheIN00r](https://www.facebook.com/MisheIN00r)



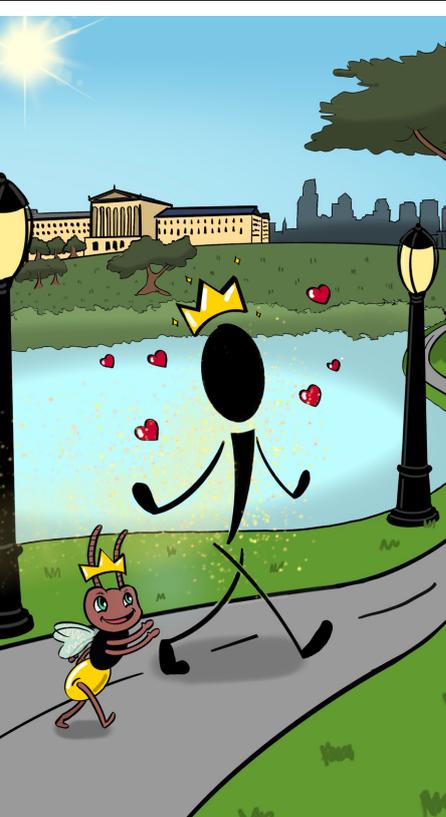
littlezandfirefly@gmail.com

WWW.LITTLEZANDFIREFLY.COM



BIO

Heather Mishel Williams, M.Ed is a veteran educator; Little Z and Firefly and its accompanying workbook are her first children's books. She is originally from the Lehigh Valley area and is a 17 year Philadelphia transplant. She currently teaches as an Assistant Adjunct Professor in the College of Education at her alma mater, Temple University. Over the course of 13 years she has worked in the Philadelphia School District and other charter school networks in Philadelphia. She was a featured speaker at the 2018 IIRP World Restorative Practices Conference. She is a fierce advocate for mental health and self-care for adults and children. When she is not writing, she enjoys creating art, cooking, fashion, and her ever-so-happy dog, Charlie.



LITTLE Z AND FIREFLY - A JOURNEY TO LIGHT AND LOVE

- **Publisher:** Noor Publishing, LLC
 - **Published:** December 9, 2021
 - **Book Type:** Children's Book, Picture Book
 - **Page Count:** 62
 - **Keywords:** Mental Health, Self Help, Self-Help Tool, Resources
 - **Age Range:** All Ages
 - **ISBN-13:** [978-1-7379908-4-0](#)
 - **ASIN:** 1737990849
 - Price: \$13.99
- KINDLE**
- **ASIN:** B09MT3XG75
 - Price: \$3.99

LITTLE Z AND FIREFLY - THE WORKBOOK - AN INTERACTIVE MENTAL HEALTH GUIDE FOR KIDS

- **Publisher:** Noor Publishing, LLC
- **Published:** February 9, 2022
- **Book Type:** Children's Book, Activity Book
- **Page Count:** 115
- **Keywords:** Mental Health, Self Help, Self-Help Tool, Resources
- **Age Range:** 5-12yrs
- **ISBN-13:** [978-1-7379908-2-6](#)
- **ASIN:** 1737990822
- Price: \$24.99

WHERE YOU CAN FIND LITTLE Z AND FIREFLY ONLINE
AMAZON
BARNES AND NOBLE
WALMART

IN STORES
PHILADELPHIA, PA
UNCLE BOBBIES
SHAKESPEAR AND CO
BARNES AND NOBLE

CAMDEN, NJ
LA UNIQUE BOOKS



REVIEWS

"This book is absolutely amazing! Well done. I started reading it with the impression that it was a children's book and by the second page I realized this was a book not only for youth but for adults and people of all ages. I totally related to it and it will help me and many others get out of our dark places. I also Love the illustrations. This book can potentially save many lives. "

-Anonymous, Amazon Review Dec, 0021

"True story - the world needs more books like this. Books that teach us all that our feelings are valid and managing them is a skill that needs developing just like any other skill. Books that have love that spills off the pages. Books that don't leave us hanging to figure it out on our own. I plan to use this book not only at home, but in the classroom as well! I cannot wait."

Kelly Gerhert, Amazon Review, Dec, 2021