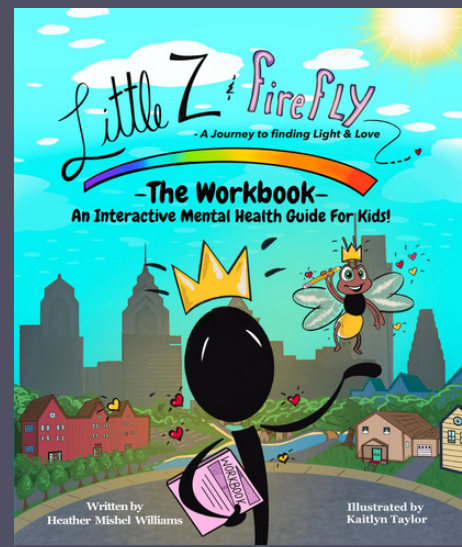


Little Z & Firefly

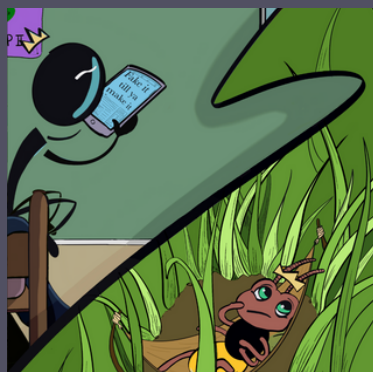
-A Journey to Finding Light and Love



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

Little Z and Firefly is a children's mental health book that teaches kids how to maintain their mental wellness. The 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 interactive workbook takes those seven tools and turns them into a tangible resource to use when a child finds themselves in their own "Dark Place." Created with parents on mind, they 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.



"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



HEATHER MISHEL WILLIAMS



About the Author

Heather Mishel Williams, M.Ed is a veteran educator and fierce advocate of mental health for all. 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. Her expertise is in special education, and curriculum development. She was a featured speaker at the 2018 IIRP World Restorative Practices Conference. When she is not writing, she enjoys creating art, cooking, fashion, and her ever-so-happy dog, Charlie.

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Picture Book

Page Count: 62

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Help, Self-Help Tool, Resources

Age Range: All Ages

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Workbook Details

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Page Count: 115

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Age Range: 5-12yrs

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