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My Lifebook Journal is a workbook foster parents can use to help foster children build self-esteem, deal with feelings of sadness and anger, and thrive within their foster homes.. Therese Accinelli, LMFT, holds a master's degree in clinical psychology and is a licensed marriage and family therapist. She has worked with children in foster care for over a decade.

### **My Lifebook Journal - [livingroompharmacy.ca](http://livingroompharmacy.ca)**

I started the Big Life Journal (teen) with my almost 12 yr old last night. We spent an hour on the journal last night and she loved it! She has designed an amazing App and thought up the most creative ideas of how she can use YouTube, games and quotes to help others to be positive.

### **Big Life Journal for Kids**

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