



# TORNADO RECOVERY

## Resource List

Click on the underlined text to visit the resource.



### UPPER DUBLIN TOWNSHIP

New Address:

370 Commerce Dr  
Fort Washington, PA  
19034

215-643-1600

Website: [upperdublin.net](http://upperdublin.net)

Email:

[storm@upperdublin.net](mailto:storm@upperdublin.net)

Check the  
UDT website  
for [Disaster  
Recovery  
Information](#)



520 Virginia Dr  
Fort Washington, PA  
19034

215-628-8744

Website: [udpl.org](http://udpl.org)

Email:

[upperdublinlibrary](mailto:upperdublinlibrary@mclinc.org)

[@mclinc.org](mailto:upperdublinlibrary@mclinc.org)

### Insurance

[Insurance for Dummies](#) by Jack Hunglemann (2009)

["Settling Insurance Claims after a Disaster."](#) Insurance Information Institute website

[Find a Public Adjuster.](#) National Association of Public Insurance Adjusters website

[After the Storm brochure.](#) PDF by PA Insurance Dept

### Home Rebuilding & Repair

["Rebuilding your Home after an Insurance Claim."](#) Coverage.com website

[The Book of Home How-To](#) by Black & Decker Corp. (2020)

[Ultimate Guide: Home Repair & Improvement](#) edited by Charles Byers (2016)

[100 Things Every Home Owner Must Know](#) edited by Reader's Digest Association (2015)

[The Family Handyman](#) magazine. Also [available on Overdrive/Libby.](#)

### Landscaping

[The Hillier Gardener's Guide to Trees and Shrubs](#) edited by John Kelly (1997)

[Landscaping for Your Home](#) by Catriona Tudor Erler (2011)

["Trees, Lawns, and Landscaping."](#) Penn State Extension website

[Fine Gardening](#) magazine

### Stress Relief & Management

[The Anxiety First Aid Kit](#) by Rick Hanson (2020)

[Reclaim Your Brain](#) by Joseph A. Annibali (2015)

[Yoga for Stress Relief DVD](#) by Gaiam Media (2008)

["Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress."](#) PDF by

Substance Abuse and Mental Health Services Administration

[Insight Timer.](#) Free meditation app for stress and anxiety

### Dealing with Trauma

[Montgomery County Crisis Support website](#)

Peer Support Talk Line: (855) 715-8255. Mobile Crisis Unit: (855) 634-HOPE (4673).

[The Body Keeps the Score](#) by Bessel Van der Kolk (2014)

[Trauma Stewardship: an everyday guide to caring for self while caring for others](#) by Laura van

Dernoot Lipsky (2009)

[Mindfulness Skills for Trauma & PTSD](#) by Rachel Goldsmith Turow (2017)

### Light Reads for Adults

[The Comfort Book](#) by Matt Haig (2021)

["11 Lighthearted Books That Will Absolutely Delight You."](#) Mind Joggle website

["Lighthearted Books to Read When Life is Hard."](#) Book Riot website

**Get more resources on these topics at Upper Dublin Library.**



# TORNADO RECOVERY

## Resource List

Click on the underlined text to visit the resource.



### UPPER DUBLIN TOWNSHIP

New Address:  
370 Commerce Dr  
Fort Washington, PA  
19034  
215-643-1600  
Website: [upperdublin.net](http://upperdublin.net)  
Email:  
[storm@upperdublin.net](mailto:storm@upperdublin.net)

Check the  
UDT website  
for [Disaster  
Recovery  
Information](#)



520 Virginia Dr  
Fort Washington, PA  
19034  
215-628-8744  
Website: [udpl.org](http://udpl.org)  
Email:  
[upperdublinlibrary@mclinc.org](mailto:upperdublinlibrary@mclinc.org)

## CHILDREN'S & TEEN BOOKS

### Disaster Relief & Tornado Recovery

[FEMA: Prepare, Respond, and Recover](#) by Carla Mooney (2015)

[Disaster Relief](#) by Alan Marzilli (2007)

[Ways to Help after a Natural Disaster](#) by Laya Saul (2011)

[Green City: how one community survived a tornado and rebuilt for a sustainable future](#)  
by Allan Drummond (2016)

[I am the Storm](#) by Jane Yolen (2020)

### Relaxation & Mindfulness

[Breathe Like a Bear](#) by Kira Willey (2017)

[I am Peace](#) by Susan Verde (2017)

[Happy: A Children's Book of Mindfulness](#) by Nicola Edwards (2020)

[A Still Quiet Place for Teens](#) by Amy Saltzman (2016)

[More children's books on mindfulness](#)

### Emotions

[In My Heart](#) by Jo Witek (2014)

[The Way I Feel](#) by Janan Cain (2000)

[My Many Colored Days](#) by Dr. Seuss (1996)

[The Worrysaurus](#) by Rachel Bright (2020)

More children's books on [emotions](#) & [worry](#).

### Trauma & Recovery

[The Rabbit Listened](#) by Cori Doerrfeld (2018)

[A Terrible Thing Happened](#) by Margaret M. Holmes (2000)

[Healing Days](#) by Susan Farber Straus (2013)

[The Invisible String](#) by Patrice Karst (2010)

### Bravery & Courage

[Life Doesn't Frighten Me](#) by Maya Angelou (1993)

[Bear Outside](#) by Jane Yolen (2021)

[Scaredy Squirrel](#) by Melanie Watt (2006)

### Humorous Books

["Funny Chapter Books for Kids."](#) Imagination Soup website

["Laugh Out Loud with these 16 Funny YA Books."](#) School Library Journal website

Get more resources on these topics at Upper Dublin Library.