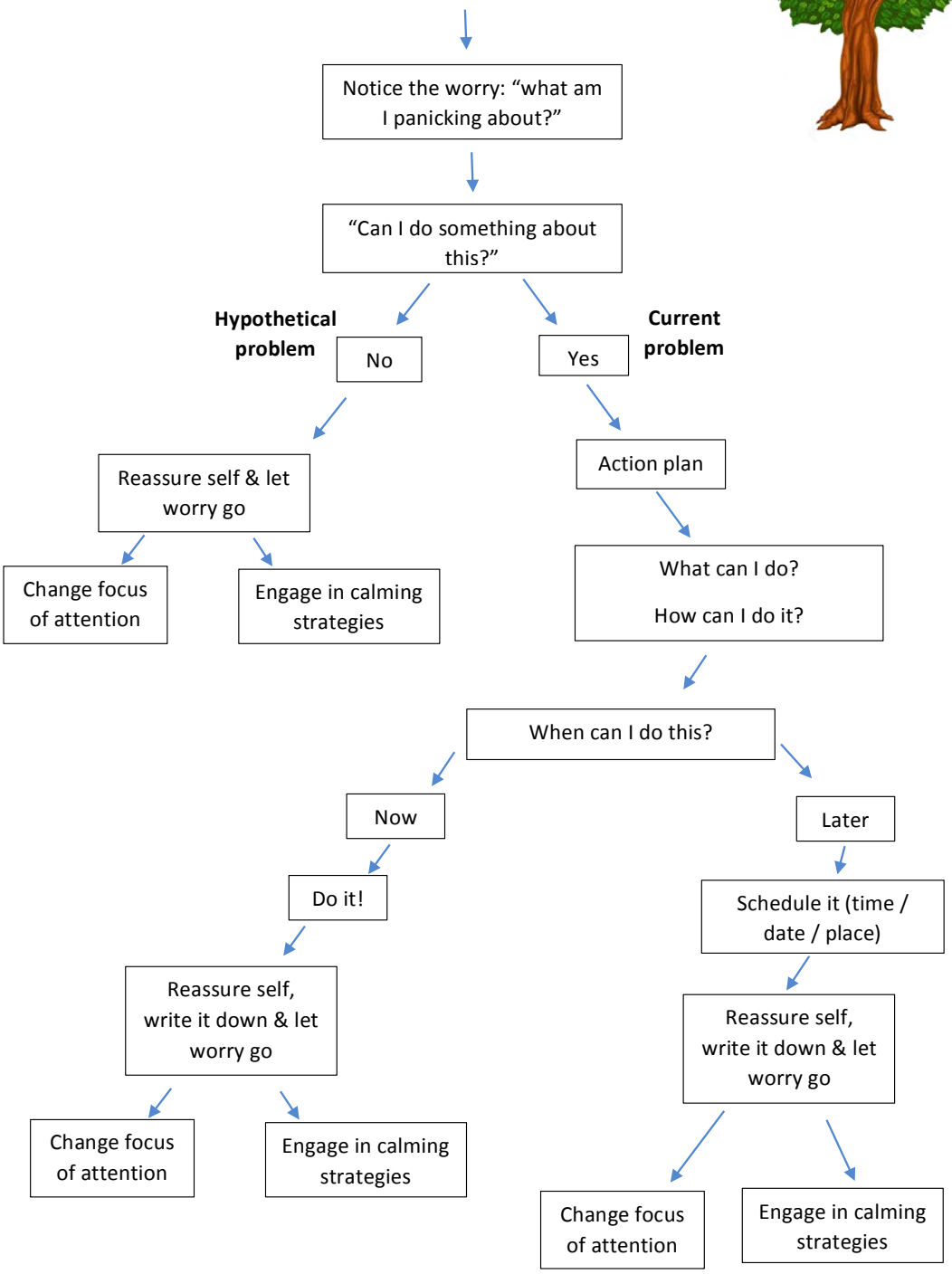
resources for autism

The Tree of Worry