

## **Therapy Resources**

**Counselor Referral List:** <https://brazospointe.tiny.us/therapy>

**GriefShare:** <https://www.griefshare.org/>

A GriefShare support group is a safe, welcoming place where people understand the difficult emotions of grief. Through this 13-week group, you'll discover what to expect in the days ahead and what's "normal" in grief. Since there are no neat, orderly stages of grief, you'll learn helpful ways of coping with grief, in all its unpredictability—and gain solid support each step of the way.

**DivorceCare:** <https://www.divorcecare.org/>

DivorceCare's life-changing support groups welcome people and guide them on the path of recovery after separation or divorce. Over 1 million people have found comfort and hope through this 13-week, video-based series.

**Celebrate Recovery:** <https://www.celebraterecovery.com/>

Living in a broken world we all deal with life's hurts, hang-ups, and habits. No one has the ability, nor should they attempt to face their hurts on their own. Celebrate Recovery is a beautiful community of strugglers that courageously enter this safe and beautiful space to get honest about our pain, and the negative ways we may see ourselves, God and others. In this process we come to accept that some of the habits we may have developed to escape our pain has caused destruction in our life and those close to us.

Celebrate recovery is a biblically balanced approach to help bring sustainable recovery and healing to our hurts. It guides us toward new healthy truths and life-giving habits as we repair our broken relationships. Join more than 7 million hurting people across the globe who now walk in freedom through the power of Jesus Christ as we walk through the 8 principles of celebrate recovery based on the Beatitudes in Matthew 5.

**Fight Club:** Contact Jared Wilson at [jared.fightclub@gmail.com](mailto:jared.fightclub@gmail.com)

Fight Club offers a path to true, lasting freedom with a biblical, clinical, and gospel-centered approach to recovery. Join us for a 3 month equipping course guiding men to find freedom from sexual addiction so they may live the lives God called them to live. Whether you need to free yourself from the chains of adult content yourself or want to be equipped to help others find lasting freedom, this Zoom group is for you!

**Caring Well:** <https://www.brazospointe.com/caringwellsignup>

A BPF team that provides Christ-centered care and support for adults as they seek guidance and help on their journey to emotional, physical, and spiritual healing after experiencing sexual abuse or domestic violence.

### **Message Series:**

- Life.Church – Peace of Mind <https://www.life.church/media/peace-of-mind/>

### **Books**

*Get Out of Your Head* by Jennie Allen <https://a.co/d/314uHw6>

*Gentle and Lowly* by Dane Ortlund <https://a.co/d/epWP7zG>

*Where is God When It Hurts* by Philip Yancey <https://app.rightnowmedia.org/en/user/brazospointe>

*The Cry of the Soul* by Dr. Dan B. Allender and Dr. Tremper Longman III <https://a.co/d/gMwrySq>

*A Grief Observed* by C.S. Lewis <https://a.co/d/113vPrw>

*When Your Way Isn't Working* by Kyle Idleman <https://a.co/d/iAmcSaE>

*Grace is Greater: God's Plan to Overcome Your past, Redeem Your Pain, and Rewrite Your Story* by Kyle Idleman <https://a.co/d/cCaO6EO>

*The Worry Free Parent* by Sissy Goff <https://a.co/d/aIWU3E9>

*The Stressless Life* by Vance Pitman <https://a.co/d/5FBiCHE>

### **Next Gen Resources**

(For girls, age 13-18) *Brave: A Teen Girl's Guide to Beating Worry and Anxiety* <https://a.co/d/2LROLH8>

(For parents) *Raising Worry-Free Girls: Helping Your Daughter Feel Braver, Stronger, and Smarter in an Anxious World* <https://a.co/d/a0jEbqD>

(For parents) *The Worry-Free Parent: Living in Confidence So Your Kids Can Too* <https://a.co/d/69vlair>

(For girls, age 7-11) *Braver, Stronger, Smarter: A Girl's Guide to Overcoming Worry & Anxiety* <https://a.co/d/fo1SY4O>

(For parents) *Raising Emotionally Strong Boys: Tools Your Son Can Build On for Life* <https://a.co/d/4Np33aA>

(For boys, age 9-12) *Strong and Smart: A boys Guide to Building Healthy Emotions* <https://a.co/d/iOuPeRX>

[Podcast | Raising Boys & Girls — Raising Boys & Girls \(raisingboysandgirls.com\)](https://raisingboysandgirls.com)

