



We live in an increasingly broken world. Stress and trauma can take a tremendous toll on our minds, bodies, and spirits. We want to provide you with a list of solid, biblical resources to assist you on your wellness journey. This is by no means a comprehensive list, but it can be a starting point for you. God is the Ultimate Healer. As you seek God's heart and guidance, we trust He will lead you to the right resource(s) for you.

Groups

[A Firm Foundation: Building Rock-solid Rhythms that Renew Us](#)

led by NCCA Licensed Clinical Pastoral Counselors
Michelle O'Neal and Melinda Means

7-week Small Group study, Sundays at 11:30 a.m. | Starts October 13th

[GriefShare](#) Support Group

a 13-week support group program for people who are grieving the loss of a loved one

Mondays from 5:30 to 7:30 p.m. at Movement Church | Starts September 2nd

[A Breath of Grace](#)

A monthly support group for miscarriage, stillbirth, loss of child
2nd Tuesday of Month, 6 to 8 p.m. at Movement Church

Bible Apps and Plans

[YouVersion Bible App](#) (Plans designed to specifically address just about any mental or relational issue from a Biblical perspective. Simply click the “Plans” icon at the bottom of the App.)

[Abide: Meditate on God's Word](#) (For quiet stillness, meditation, contemplation, guided prayer time, etc.)

Counselors & Psychiatry

[Alyssa Burns, MSW Clinical Intern](#) at Rooted Therapies

2451 Sycamore St., North Port FL | (941) 457-5188 (telehealth available)

Areas of emphasis: Relationships, Trauma, Anxiety, & Spiritual Growth

Daria Erdmann, LMHC, NCC, CCMHC

Licensed Mental Health Counselor at Mental Wellness Counseling

1720 El Jobean Road Suite 106, PC | (941) 249-4258 (telehealth available)

Areas of emphasis: Depression, Anxiety, Grief and Loss, Relational Issues, Life Transitions, Career Concerns, Anger Management, Spiritual Growth

[Carolyn Saad Gonzalez, MA, RMHCI](#) at Mindsol Wellness Center

715 N. Washington Blvd. Suite D. Sarasota | (941) 276-9455

Areas of emphasis: Teens, Adults, Couples

[Melinda Means, MA, NCCA Licensed Clinical Pastoral Counselor \(NCCA\)](#)

at Rewire My Heart Christian Counseling, 2225 Green Street, PC

(941) 916-2799 | melinda@rewiremyheart.com

Areas of Emphasis: Trauma, Anxiety, Life Transitions, Spiritual Growth

[Michelle O'Neal, MA, NCCA Licensed Clinical Pastoral Counselor](#)

at Soul Hope Christian Counseling

2567 Toledo Blade Blvd # 3, NP | (941) 500-4673 | michelle@soulhopecc.com

Areas of Emphasis: Premarital and Marriage Counseling, Trauma and Grief

[Jennifer Grennell, LCSW](#)

Licensed Clinical Social Worker at Jennifer Grennell Therapy, LLC

Telehealth only | (941) 893-8745 | Jenny@jennifergrennelltherapy.com

Areas of emphasis: Teens, Young Adults, as well as Couples

[Jessie Lapek, MSW, RCSWI](#)

Registered Clinical Social Work Intern at Rooted Therapies

2451 Sycamore St., North Port FL | (941) 457-5188 (telehealth available)

Areas of emphasis: Marriage and Couples Counseling

[Paul Prachar, MA, LMHC](#)

Licensed Mental Health Counselor at Guardian Counseling

329 Nokomis Ave, Suite H, Venice | (941) 214-2230

Areas of Expertise: Marriage, Addictions, First Responders

[Namhee Shepelew, MS, Ed. SC](#)

Registered Mental Health Counselor Intern, Life Coaching & Counseling Centers

Areas of Emphasis: Children/Adolescents.

[Lionheart ADHD Coaching](#) (Virtual/online coaching)

[Healing ADHD Online Course](#) | Amen University

[BetterHelp.com](#)

Better Help is a telehealth therapy membership service that matches therapy providers to your specific needs and preferences, including matching clients with a Christian therapist. Therapy is available for men, women, teens, and children.

[Christian Counselor Directory](#) (telehealth friendly network)

[Focus on the Family Christian Counselors Network](#)

[Paradise Mental Health \(Psychiatrist\)](#)

25097 E. Olympia Avenue, Ste. 201, PG | (941) 347-8341

Books

Anxiety/Stress

[*The Pressure's Off*](#) by Larry Crabb

[*Don't Give the Enemy a Seat at Your Table: It's Time to Win the Battle of Your Mind*](#) by Louie Giglio

[*Boundaries: When to Say Yes, How to Say No to Take Control of Your Life*](#)
by Dr. Henry Cloud and Dr. John Townsend

Depression

[*Beauty in the Browns: Walking with Christ in the Darkness of Depression*](#)
by Paul Asay

[*Hinds Feet on High Places*](#) by Hannah Hurnard

[*Gentle and Lowly: The Heart of Christ for Sinners and Sufferers*](#) by Dane Ortlund

[*The Practice of the Presence of God*](#) by Brother Lawrence

Trauma

[*In the Aftermath: Past the Pain of Childhood Sexual Abuse*](#)
by Pamela Gannon and Beverly Moore

[*The Problem of Pain*](#) by C. S. Lewis

[*Unraveled Roots: Discovering the Hidden Causes of Damaging Behaviors*](#)
by Karin Barbito, Melinda Means and Lisa Rowe

[*Intimate Deception: Healing the Wounds of Sexual Betrayal*](#) by Sheri Keffer

Gender and Sexuality

[Wild at Heart](#) by John Eldredge

[Captivating: Unveiling the Mystery of a Women's Soul](#)

by John and Stasi Eldredge

[Fully Alive](#) by Larry Crabb

[Messy Grace](#) by Caleb Kaltenbach

Addiction

[Addictions - A Banquet in the Grave: Finding Hope in the Power of the Gospel](#)

by Edward T. Welch

[Prodigal God](#) by Tim Keller

Personal Spiritual Growth

[Changes That Heal: Four Practical Steps to a Happier, Healthier You](#)

by Dr. Henry Cloud

[Broken and Blessed: God Changes the World One Person and One Family at a Time](#) by Jessica LaGrone

[SoulCare](#) by Dr. Rob Reimer

[Rewired Heart: Finding the Freedom of a Whole New You](#) by Melinda Means

[The Cry of the Soul](#) by Drs. Dan Allender and Tremper Longman III

[How People Grow](#) by Drs. Henry Cloud and John Townsend

[Walking with God](#) by John Eldredge

[The Search for Significance](#) by Robert S. McGee

[Sacred Rhythms: Arranging Our Lives For Spiritual Transformation](#)

by Ruth Haley Barton

Grief

[Shattered Dreams](#) by Larry Crabb

[Out of Chaos: How God Makes New Things from the Broken Pieces of Life](#)

by Jessica LaGrone

[Hope Remains: Seeing the Goodness of God in the Shadow of Suffering](#)

by Summer and Reppard Gordon

[A Grief Observed](#) by C.S. Lewis

[It's Not Supposed to Be This Way](#) by Lysa TerKeurst

Relationships

[Necessary Endings: The Employees, Businesses, and Relationships That All of Us Have to Give Up to Move Forward](#) by Dr. Henry Cloud

[Breaking the Cycle of Hurtful Family Relationships](#)

by Robert S. McGee and Dale W. McClesky

[Good Boundaries and Goodbyes](#) by Lysa TerKeurst

[Love Does](#) by Bob Goff

[Everybody, Always](#) by Bob Goff

[Boundaries in Marriage](#) by Drs. Henry Cloud and John Townsend

[Untangling Relationships](#) by Pat Springle

[Love and Respect](#) by Dr. Emerson Eggerichs

[Bold Love](#) by Drs. Dan Allender and Tremper Longman III

[The DNA of Relationships](#) by Dr. Gary Smalley

[Every Man's Battle, Winning the War on Sexual Temptation One Victory at a Time](#)
by Stephen Arterburn

[Why Don't We Listen Better?](#) by James C. Petersen

Children/Teen Resources

[The Hiding Place](#) by Corrie Ten Boom

[Mere Christianity](#) by C.S. Lewis

[Chronicles of Narnia](#) by C.S. Lewis

[The Case for Christ](#) by Lee Strobel

For Parents

[The Power of a Parent's Blessing: See Your Children Prosper and Fulfill Their Destinies in Christ](#) by Greg Hill

[Parenting: 14 Gospel Principles That Can Radically Change Your Family](#)
by Paul David Tripp

[Dare to Discipline](#) by James Dobson

[Boundaries with Teens](#) by Drs. Henry Cloud and John Townsend

[Boundaries with Kids](#) by Drs. Henry Cloud and John Townsend

[The Ancient Paths](#) by Craig S. Hill