## Parents Arise 2023

### Helpful Resources

#### Disclaimer

The following resources are suggestions for you to consider. They are resources that have helped, in many levels, the people involved in the United Parents For Christ ministry. These resources are not an endorsement of any kind. The ministry of UPFC does not profit from any these suggested resources.



## MISSION:

To unite Parents to pray together for our children, as well as to share valuable resources that, with help of the Holy Spirit, will equip and support us in the process of raising them for God's glory.



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#### Resources listed alphabetically

**Books** 

Websites	Books
American Center for Law & Justice (pdf articles)	A Mother's guide to praying for her children (pdf link)
AXIS (website articles)	Being a Dad Who Leads
<u>Christian Post</u> (website articles)	God's Design For Sex (Series)
Enfoque en la familia (Spanish language site)	Peace on Purpose
<b>Empowering Parents</b> (suggested site & article)	<u>La Beba de Mi Padre</u>
FamilyLife.org (suggested site)	Straight Talk In A Sex Saturated Culture (pdf link)
Focus on the Family (ebooks and audio downloads, videos)	Ten Tips for Parenting the Smartphone Generation
The Life of a Single Mom (suggested site)	Watching the Road: Praying Your Prodigal Home
<u>Long Island Citizens for Community Values</u> (pdf pamphlet)	When a Loved One is Addicted

Suggested Awareness articles from

<u>various sources</u>



**CHRISTIAN COUNSELORS REFERRAL LIST** 

Worldview Academy (leadership camp)

<u>Plugged In</u> (website articles)

Northern Frontier Camp (Father/son Christian camp)

Websites



Focus on the Family is a global Christian ministry dedicated to helping families thrive. They provide help and resources for couples to build healthy marriages that reflect God's design, and for parents to raise their children according to morals and values grounded in biblical principles. Focus on the Family offers a vast amount of content for practically every member of the family, family situation, parenting, level of faith and ministry. Below are just some of the suggested resource available through Focus on the Family.

- <u>Adventures in Odyssey</u> An award-winning ½ hour audio drama series created for ages 8-12 and enjoyed by the whole family. It's about Mr. Whittaker, who runs an ice cream shop called Whit's End. Each episode brings biblical principles to life, through fun, faith and imagination.
- <u>Boundless</u> A Focus on the Family community for Christian young adults who want to pursue faith, relationships and adulthood with confidence and joy.
- Focus On The Family Broadcast Audio files from their radio show on a vast variety of topics
- <u>Hope Restored</u> A biblically based, Christian marriage counseling experience for couples facing a crisis, decay or disconnect in their marriage
- Alive to Thrive Suicide awareness and prevention
- <u>The Focused Pastor</u> content and services curated specifically to help you build strong families in the church, while at the same time building up your own family



Click on any of the free suggested downloadable resources.

#### **Blended Families**

Today over 40% of marriages include a spouse previously married. As these blended families consider creating or updating wills and estate plans, they often find a new level of complexity in decision making.

Important issues like, properly providing for the new spouse without accidentally disinheriting biological children and making appropriate custody plans for minor children, are often top of mind.

eBook download

#### 15 Questions to Ask if You Have a Child with Special Needs

One of the most loving things you can do for your child is ensure he or she will be cared for in the best possible way if/when you are no longer able to be the primary caregiver.

If you have a child with special needs, this booklet will help answer important questions.

eBook download

#### Focusing on Your Family's Mental Health

With so many confusing and negative things happening in our culture and lives, you may not be as healthy as you think you are. Counselor Debra Fileta answers some general questions on mental and emotional health, covering topics like "toxic" people, codependency, anxiety, depression, and getting professional help. It's an insightful conversation that will give you guidance and encouragement as you assess your own health and relationships.

**Digital Audio Download** 

#### **Our Family's Unexpected Journey**

National speaking team Joe and Cindi Ferrini share their story of parenting a son with special needs and how the challenges they faced strengthened their marriage, family, and faith in God.

**Digital Audio Download** 



Click on any of the free suggested downloadable resources.

#### **Is Abortion a Constitutional Right?**

How is it possible that the Constitution seems to grant rights to both life and abortion? The short answer: it doesn't.

#### When It's Not Too Late: Can The Abortion Pill Be Reversed?

Even if you've already taken the abortion pill, it might not be too late to reverse the effects of a chemical abortion.

Online Article

#### How To Deal With Dementia In A Parent

My beautiful mom was diagnosed with dementia in 2019, but my Pop and I recognized symptoms at least a year before then. As with many early signs of dementia, my mom repeatedly asked the same questions.

She had difficulty remembering how to get to local destinations and was easily confused and overwhelmed. Rhythms and routines were disrupted by anxiety. Mom stopped driving, cooking, and leaving the house alone.

**Online Article** 

#### Managing Marriage And Children With Special Needs

During this difficult time, we discovered some essential marriage principles that deepened our love for each other and strengthened our marriage. Our relationship became more resilient as we cared for our child with special needs.

**Online Article** 

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Online Article



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#### Nuestra Misión Cooperar con el Espíritu Santo para compartir el Evangelio de Jesucristo con la mayor cantidad de personas posible, al nutrir y defender la institución de la familia ordenada por Dios y promover las verdades bíblicas en todo el mundo.

#### Cursos en línea para Padres, Matrimonios e Ialesias

<u>Conectados</u> - Antes de ver una película, conozca si es apta para el entretenimiento familiar. Conectados es un programa de Crítica cine de Enfoque a la Familia. Las críticas de cine más recientes aquí o escucha la versión en audio GRATIS en la aplicación móvil de Enfoque a la Familia.

Artículo: ¿Cómo Ayudar a un Adolescente con Ansiedad?

Artículo: ¿Qué es la salud mental y por qué es importante para su familia?

Video: Proteja a sus Hijos de la Ideología de Género | Sixto Porras

#### Vuelva a la tabla de contenidos

## American Center for Law & Justice

Founded in 1990 with the mandate to protect religious and constitutional freedoms, the American Center for Law and Justice (ACLJ) engages legal, legislative, and cultural issues by implementing an effective strategy of advocacy, education, and litigation that includes representing clients before the Supreme Court of the United States and international tribunals around the globe.

Click here for ACLJ website

**ACLJ Articles to consider** 

Know Your Rights: Parents Have Rights Regarding the Education of Their Children

**Know Your Rights: School Prayer** 

#### THE CHRISTIAN POST

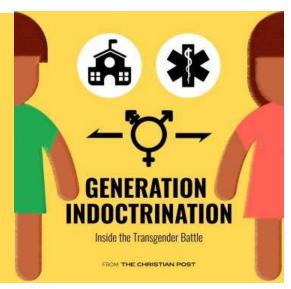
ChristianPost.com is the nation's most comprehensive Christian news website with the vision of delivering up-to-date news, information, and commentaries relevant to Christians across denominational lines.

#### Generation Indoctrination: Inside the Transgender Battle

The transgender craze is growing and metastasizing in America and worldwide. Confusion is abounding. And while Western cultures celebrate and elevate gender chaos, the societal and cultural costs are quickly mounting.

Join enterprising journalist Brandon Showalter of The Christian Post for a no-holds-barred exploration of the topic in "Generation Indoctrination," a documentary-style podcast series aimed at exploring the roots and impact of the transgender debate.

In this five-part investigative podcast series, Showalter masterfully takes listeners through heartbreaking stories, expert opinions, and bewildered academics' experiences as these individuals push back on the narratives being perpetuated and targeted at young hearts and minds.



Suggested Videos

How Trans Ideology Twists Language to Distort Reality

How gender ideology twists language and distorts reality



<u>Connecting Parents, Teens, &</u> <u>Jesus in a Disconnected World</u>

It's not about having **The Talk**. It's about having **one ongoing conversation** that lasts a lifetime. Axis provides resources to bring you closer to having sincere, open, and honest conversations with your kids. After all, the best way to understand each other and build your relationship is to keep the conversation going.

#### **Features**

#### **Culture Translator**

Current trend articles to help parents stay up to date on the music, movies, TV shows, and social media trends impacting your kid's world.

#### A Parent's Guide To...

Guides to educate and prepare parents/guardians to have confident conversations with your kid about big topics like mental health, technology use, bullying, and more.

#### **Conversation Kits**

Conversation Kits are topical video series designed for the family to watch and discuss together.



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#### **Axis YouTube Videos**

<u> Talking to Your Teen About Sex - Part 1</u>

Talking to Your Teen About Sex - Part 2

Talking to Your Teen About Sex - Part 3

Talking to Teens About Drug and Alcohol

How to Make Good Decisions About Drugs as a Teenager

#### **Long Island Citizens for Community Values**

Long Island Citizens for Community Values (LICCV) has been committed to protecting Long Island's Children and Families in the Digital Age for nearly 25 years, while empowering them with tools for a healthier media life.

LICCV offers help, advice and solutions on issues such as digital addiction and safety, cyber bullying, social media, screen time balance, video games and internet pronography.

**Strategies for Screen Time Balance** 

#### **Toddlers/Infants**

The American Academy of Pediatrics recommends keeping all screens off around babies and toddlers younger than 18 months. They say a little screen time can be okay for older toddlers. Children 2 years or older should get no more than an hour of screen time per day.

#### Preschool

Keep devices out of reach. Use a timer when a device is in use. Designate and limit certain times. Encourage self-play with creativity such as Legos, crafts, drawing, outside play, play-dough, etc.

#### Elemen. /Middle School

Implement no phone zones and days, and earned time. Begin to designate times and days of use. Use screen time as an incentives for behaviors; homework, chores/responsibilities. Use screen time app. Do not allow them to be isolated with the device in their bedroom or take the device to bed.

#### **High School**

Model good digital behavior, continue digital strategies and continue to be vigilant. No isolation behaviors in bedrooms, at dinner, or family time, and etc. Use screen time app.

#### Adults/Visitors/Friends

Communicate your digital device boundaries for your home and family when others are in your home for your visitors to follow.

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<u>Plugged In</u> is a Focus on the Family site offering reviews of popular entertainment movies, television, video channels, books and games. The purpose is to give families the essential tools they need to understand, navigate, and impact the culture in which they live.

They post reviews, articles and discussions, with the hope to spark intellectual thought, spiritual growth and a desire to follow the command of Colossians 2:8: "See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the basic principles of this world rather than on Christ."

The articles provide extensive details as to what is presented in popular entertainment and provide information so one can make informed decisions as to whether to watch a particular movie, television show, or video, or whether or not to read a particular book or play a particular video game.

#### Sample their reviews

Movie:

Are You There God? It's Me, Margaret. The Super Mario Bros. Movie

**TV Shows:** 

The Mandalorian Ridley Jones

**Music:** 

Flowers by Miley Cyrus Lift Me Up by Rihanna

**Books:** 

To Kill a Mockingbird by Harper Lee Captain Underpants by Dav Pilkey

YouTube Channels: <u>How It Should Have Ended</u> <u>Mark Rober</u>



#### Parenting Help for Everyone Effective • Affordable • Convenient

Tools to manage the most difficult problems: disrespect, defiance, backtalk, lying, laziness, motivation, and much more. Straight talk and real results since 2004.

#### **Online Learning Programs**

Self-guided online learning programs where our experts teach you how to regain control of your child, your family, and your life through effective and proven parenting techniques.

#### **Online Parent Coaching**

Parent coaches who work with you directly. Exchange unlimited messages and schedule phone calls with your personal parenting coach.

#### **Hundreds of Free Articles**

Hundreds of articles by our experts addressing all of your parenting questions. (And yes, our experts are parents too.)

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#### **Suggested Article**

Rules, Boundaries, and Older Children
By James Lehman, MSW

Once kids are adolescents and adults, their behavior patterns are very set. As a result, you need to know that adult children living at home won't learn new behavior patterns unless they're forced to. If you or someone you know is struggling with an older child living at home, this 3-part series by James Lehman is a must-read.

Part 1: How to Cope with an Adult Child Living at Home

Part 2: Parents' Top 25 Concerns Addressed

Part 3: Is It Ever Too Late to Set up a Living Agreement?



FamilyLife provides biblical, practical help for the relationships that matter most, fueling you to impact your corner of the world.

Their website offers many resources including:

- <u>Downloadable guides (pdf files) including a selection of free e-books, devotionals, and activities to help you nurture your marriage, family and faith.</u>
- Online courses for individuals or couples to help you elevate your marriage, parenting, and faith.
- Podcasts offering advice on the relationships that matter most.
- Many online articles on many topics from marriage, family, faith and blended families.



The Life of a Single Mom exists to improve the lives of single mothers by providing support groups and education in 3 core areas: Parenting, Finances, and Health & Wellness.



Look for a single moms' support group in your area, where you can grow, find new friends, and build community. Get a step-by-step guide on how to start a single moms' support group in your area.

## SINGLE MMM UNIVERSITY

Single Mom University® offers online life skills courses in a variety of subjects including financial education, dating advice, abuse & trauma recovery, time management, and workforce development. The program is self-paced and classes can be accessed 24/7.



They host a variety of local and national events throughout the year. Our mission is to bring women from across the nation together to fellowship and build each other up.

Click on any of the The Life of a Single Mom Ministries listed above for more information. You can also explore the various <u>articles</u>, audio <u>podcasts</u> and <u>videos</u> from their site.



<u>Worldview Academy</u> helps you discover and apply the Bible's ancient wisdom on how to think, how to live, and how to lead. Our approach to every subject starts by digging into the foundations, examining the underlying assumptions, lifting the hood to see how the engine of rival philosophies work.

Worldview Academy brings together an engaging and talented theological faculty who challenge students by addressing underlying assumptions and bring the Gospel to bear on questions of culture, family, science, politics, work, and art — the whole scope of the divine plan for human flourishing.

Leadership Camps	Institutes	Christianity & Culture Conferences	Worldview Conversations
Intense classroom time, camp-style adventure, and small group discipleship make our week-long Leadership Camp an unforgettable life-changer for junior high and high school students.	Our teaching, discipleship, and spiritual formation run in a camp format, but without the overnight stays. Students attend each day from 8:30 am - 8:00 pm, then return home to sleep in their own beds.	Bring the Worldview experience to your church! These conferences are designed to bring the faculty from Worldview Academy into your church or school for a series of lectures and breakout sessions.	Each month Worldview Academy Executive Director Mike Schutt hosts a conversation via Zoom with a special guest or guests, followed by a live Q&A.
<u>Learn All About Camp</u>	More About Institutes	<u>Learn More</u>	<u>Ioin the conversation!</u>



#### **NORTHERN FRONTIER CAMP**

Northern Frontier provides programs that enable mentors to guide groups of boys and young men through adventure-packed, action-filled experiences that draw young people closer to God... and equip them to be leaders of tomorrow.

In addition, through programs designed specifically for them, Northern Frontier seeks to nurture and develop the relationship between fathers and sons.

Click on any of the adventures listed on the right to learn more.

#### **Camping Programs**

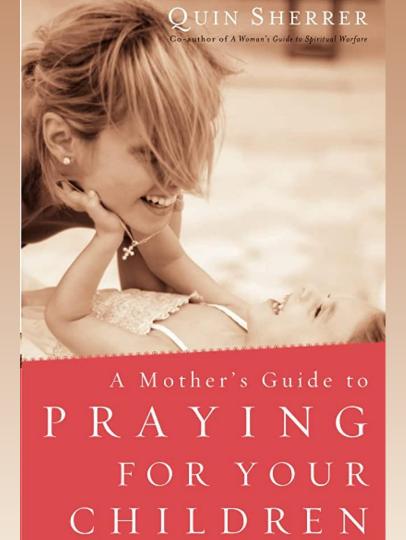
- Stockade (Ages 8-11)
- <u>Battalion (Ages 12-16)</u>
- CORE Training (Ages 14-16)

#### Father/Son Programs

- Tree Climbers For boys 6-8 years old and their Dads
- Father/Son Camping For boys 8+ years old and their Dads
- Father/Son Camping For guys 12+ years old and their Dads
- Father/Son Canoe trip For guys 13+ years old and their Dads
- Father/Son Fishing Trip For guys 13+ years old and their Dads

#### **Camper Trips**

- Explorer Trip For teen guys ages 13-17
- Fishing Trip For teen guys ages 13-17
- Rock Climbing Trip For teen guys ages 13-17
- Kayak Trip For teen guys ages 14–17
- Mountain Trip For teen guys ages 14-17
- 46er Trip For teen guys ages 14-17



#### A Mother's Guide to Praying for Your Children

By: Quin Sherrer

From the author:

The first step is to surrender growing children to the Lord, who longs to partner with parents to raise godly women and men. Once parents have invited the Holy Spirit into their child's growth and development, they can pray for their child's specific needs. Readers will learn how to pray for their children's friends, teachers, and pastors and to intercede when their sons or daughters are under spiritual attack. Step parents and adoptive parents will find prayer guidance for their special circumstances, and mothers and fathers of severely ill children will discover how to pray through the most difficult situations a parent can face. When moms and dads covenant with God to be a household of faith, they will see Him act in their children's lives beyond what they could ever dream!

**Click here to download the free book (.pdf format)** 

## Straight Talk In A Sex Saturated Culture: A Quiz for Teens, Tweens, and Parents By Lisa Cherry

*Excerpt from the introduction* 

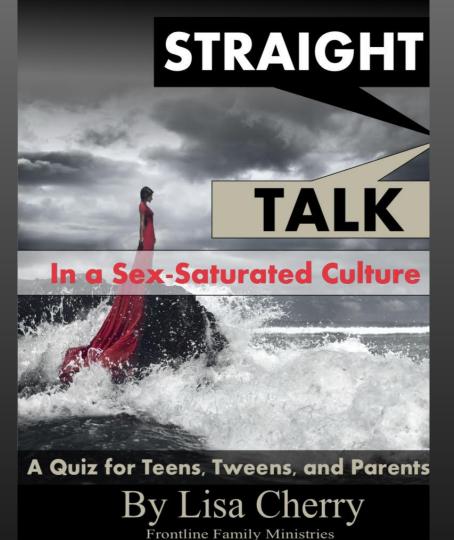
"Today our children are being raised in a culture reeling out of control. The media sex and perversion overload is so deep there is no way of escape. A simple trip down the Wal-Mart checkout line will produce an education we don't want our children to have.

I wish I could prove to you that our kids are automatically safe from this flood of dissipation. I wish I could show you a special bubble that will keep them insulated from the confusing messages. But alas, this is wishful thinking!

Our kids are more like the girl on our book cover, striving for beauty, but poised on a dangerous rocky crag overlooking a tempest of confusion. What is a parent to do? Should we enlist our youth pastors and churches to fix our problem? How about our schools? While we may be able to find others to help us, this battle is ours! We will be the ones to most greatly influence our children!

We are living in a day and age when we as parents must do what Noah did. We must build an ark."

Click here to download the free book (.pdf format)



#### G R E G O R Y L . J A N T Z

# Ten Tips for Parenting Smartphone Generation

#### From the publisher:

Ever feel like your kids are speaking a different language? Apps and tablets and new smart-this and smart-that every day! Dr. Gregory Jantz gives you practical tips on how to know when technology is helping or hurting your children. He takes you through the key questions you need to ask and how to discover the answers to keep your kids on the right track in their rapidly changing world.

#### In this easy-to-understand guide, you will gain the confidence to-

- Set a good example in regulating screen time, increasing quality family time
- Establish positive and educational uses of technology
- Set boundaries and parent controls to protect your children from bad habits, cyber-bullies, and online predators
- and more!

Children spend an average of 7 hours and 38 minutes a day on digital media, plugged in and glued to screens, according to recent studies. That's 5.5 hours over the recommended limit, often leading to poor school performance, behavioral problems, neck pain, and much more. With Dr. Gregory Jantz's *Ten Tips for Parenting The Smartphone Generation* learn to avoid the negative consequences and enjoy watching your child gain the most out of technology.

#### EBook purchase

https://ebooks.faithlife.com/product/130260/ten-tips-for-parenting-the-smartphone-generation

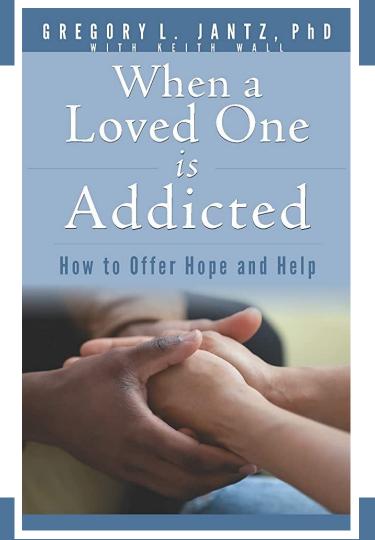
#### From the publisher:

Dr. Gregory Jantz helps define what an addiction is, contrasting it with other practices that don't interfere with daily living, and what drives people to addiction. He discusses various forms of common addictions, such as opioids, eating disorders, sexual or relationship addictions, and technology. He talks about some of the dynamics of addiction in the Christian community, such as shame, accountability and the importance of receiving God's love and forgiveness. He also tackles the tough questions about intervention for family members who refuse to seek help.

#### Discover ways to:

- Recognize the difference between compassion and codependency
- Identify signs and symptoms of addictions, as well as types of addictions
- Make your own health and wellbeing a priority
- Stop enabling your loved one's addiction
- Set boundaries and stick to them.
- Hold a positive, productive intervention
- Find the right kind of treatment program
- Support your loved one in treatment and beyond

This book will help you gain the awareness you need to move forward in truth and grace, to succeed at what you can do: love the addict unconditionally and be a positive presence in their life, guided by healthy boundaries that protect everyone.





Stan Jones, Ph D, and Brenda Jones are the authors of God's Design for sex series. This four-book series is designed to help you answer difficult or embarrassing questions about sex comfortably and truthfully, in age appropriate terms, and encourage healthy communication between your child and you through the challengings years ahead. Click here to learn more about the series

Book 1: The Story of Me (ages 3-5) – Even from an early age, kids are curious about many things—including bodies and babies. Although it can be challenging to determine how much information to give them early on, young children can begin to develop a wonder and appreciation for God's creation.

Book 2: Before I was born (ages 5-8) - Emphasizes God's design for our bodies and lays a biblical foundation for understanding sexuality. Using age-appropriate language and illustrations, this book introduces children to:

A tactful explanation of the basics of sex, changes boys' and girls' bodies go through as they grow, science behind conception and pregnancy, birth and how breastfeeding works.

Book 3: What's the Big Deal? (ages 8-11) - Provides kids with a safe space to ask hard questions that they might find embarrassing. This book explains: Why God made adults with a desire to have sex and how it's designed for marriage, Responding to sexual pressure from friends, TV shows, movies, and magazines, commitment to purity and chastity, puberty, pornography, same-sex relationships, and sexual abuse.

Book 4: Facing The Facts: The truth About Sex and You (11-14) - Puberty is an exciting but often stressful time of transition to adulthood. It marks the beginning of significant changes in a child's relationships with their parents and with the opposite sex. Facing the Facts will give your child clear and comprehensive information to help them understand what's happening to their body and why God designed it that way. Designed so they can read with you, your child will learn about: How their respective bodies change inside and out, pregnancy, romance, dating, worldview about sex, masturbation, sexual addiction, gender identity, and same-sex love.



# Being a Dad Who Leads

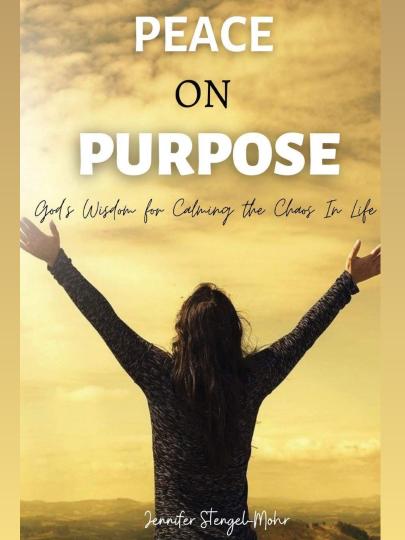
#### From the publisher:

As a Christian father, you bear a tremendous responsibility--to raise your children through both biblical instruction and personal example. But how can you succeed in a society that attacks the role of fatherhood and godly family values? Are you sometimes tempted to give in or give up?

The rewards of being a dad who leads are well worth making the effort to stand firm. The Bible offers clear guidance for dads on how to parent effectively. Join pastor-teacher John MacArthur as he looks at...

- The keys to building healthy family unity
- Essential character qualities to teach every child
- How to lovingly discipline children and nurture obedience
- Traps to avoid in the course of parenting
- The power of a dad's example to influence future generations

Commit yourself to being a dad who leads, and God will enable you every step of the way. There's no surer path to experiencing a lifetime of family blessings!

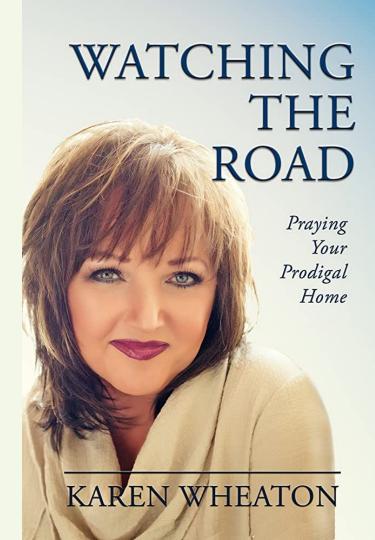


## Peace on Purpose: God's wisdom for calming the chaos in life

By: Stengel-Mohr, Jennifer

#### From the publisher:

The world is crying out for the true peace that only God can give through His Holy Spirit. Peace on Purpose is a journey through 9 everyday life topics supported with key scriptures and practical insights to calm the chaos in life. The author shares testimonies that reveal God's purpose and peace in every situation. Each chapter contains practical insights to apply God's Word daily. The application of scripture and the practical strategies contained in this book will guide you on the road to peace.

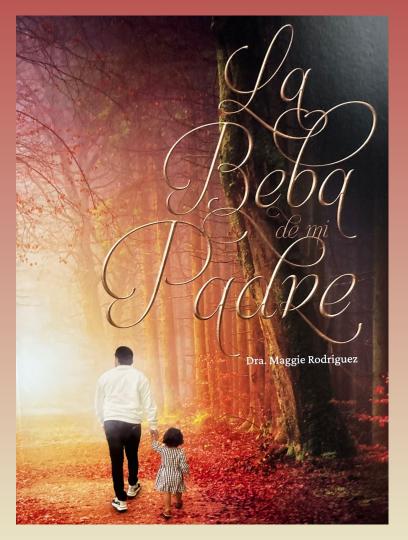


#### **Watching the Road: Praying your prodigal home**

**By: Karen Wheaton** 

#### From the publisher:

Are you desperate for the return of your prodigal son or daughter? Have you lost hope that your prodigal husband or wife will ever return home? Don't give up! Things don't have to stay the way they are! Your prayers have the power to change things....Even the hardest of hearts! In Watching the Road, Karen unveils her extraordinary journey of trusting God for the return of her prodigal daughter, Lindsey. Watching from her porch with eyes of faith and a heart of hope, Karen cried out to God for Lindsey's return. In miraculous ways, God daily reaffirmed the promises He gave personally to Karen that Lindsey would be restored to her marriage and family. Watching the Road will stir your faith, strengthen your resolve, and provide strategic tactics for your journey. Experience the struggle and thrill of one woman's determination to not give up but tenaciously trust God to fulfill His promises. As you'll see, He kept every single one.



#### LA BEBA DE MI PADRE

Dra. Maggie Rodriguez

#### From the publisher:

La falta de padre afecta las emociones, la mente y la conducta. Muchos viven como un pez fuera del agua y no logran identificar cual es la raíz de esa emoción. La verdad es que no podemos cambiar nuestra crianza, pero si tenemos el poder de cambiar las emociones negativas que crearon esa ausencia paterna. De eso se trata este estudio Bíblico.

A través de la palabra de Dios podemos cambiar las emociones negativas por la verdad sagrada que es eterna.

Dra. Maggie Rodríguez

#### Awareness articles from various sources

#### **Drugs/Addiction**

<u>Designer candy drugs</u> - FOX News <u>Child Using? What to do</u> - Family Life

<u>Drug Slang</u> - Blackberry Center

**Drug Slang** - Freedom Center

Happy 4/20 Cannabis Day - Daily News

History of 4/20 Day - PBS News

Parents Guide to Marijuana - Focus on the Family

Rainbow Fentanyl - CNN

#### **TV & Internet Culture**

<u>Peppa Pig: A video nightmare for Children</u> - The Guardian <u>Rise of Witchcraft in Pop Culture</u> - Focus on the Family <u>Unfiltered kids videos</u> - NY Times

#### **Gun Violence**

Facts About Gun Violence - SandyHook.org

Mass Shooting Warning Signs - SandyHook.org

Talking to Kids About School Shootings - Focus on the Family

<u>Talking to Your Kids About Mass Shootings</u> - Gospel Coalition

Recommended reading around gun violence prevention - Northwell Health

<u>Violence in the World of Children</u> - Dr. James Dobson (podcast)

#### CHRISTIAN COUNSELORS REFERRAL LIST

- Dra. Maggie Rodriguez
   Call 281-704-8243 for Virtual Appointments
- 2. Neli Betancourt-Rodriguez Neli@Avivmhcs.com (917) 275-7129 Website: <a href="https://www.projecthealing.info/copy-of-about">https://www.projecthealing.info/copy-of-about</a>
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- 4. Tyler Rice tyler@tylerricelmhc.com (347) 508-1774 Website: <a href="http://www.tylerricelmhc.com">http://www.tylerricelmhc.com</a>
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