

BOOKS

Faith Based Motherhood/Parenting

Raising Passionate Jesus Followers: The Power of Intentional Parenting by Phil and Diane Comer (SO GOOD!)

The 5 Love Languages of Children by Gary Chapman & Ross Campbell

Don't Mom Alone by Heather MacFadyen (Also so good!)

Lies Women Believe by Nancy Demoss Wolgemuth

Lies Girls Believe by Nancy Demoss Wolgemuth (do as a mother daughter)

Perfectly Yourself by Matthew Kelly

It Starts at Home by Kurt Bruner and Steve Stroope

She Reads Truth by Raechel Myers & Amanda Bible Williams

Present over Perfect by Shauna Niequist

Love and Respect in the Family by Dr. Emerson Eggerichs

Future Men by Douglas Wilson

Dark Clouds, Deep Mercy by Mark Vroegop

Storm Proof by Carol McLeod

Refined by Carol McLeod

Joy for all Seasons by Carol McLeod

Gideon & Armor of God Bible Studies - Pricilla Schrier

Mental Health Parenting

For the Sake of Our Youth by Tessa Stuckey (therapist talks about youth-depression and suicide)

UnSelfie by Michele Borba (discusses how to cultivate empathy into youth in this digital selfie day of age)

The Five Love Languages of Children, Gary Chapman & Ross Campbell

The Illustrated Happiness Trap by Russ Harris & Bev Aisbett

MENTAL WELLNESS

Maternal Mental Wellness & Women's Supports

www.truth-redefined.com Counseling and Coaching for women (local to central NE)

<https://www.hellomornings.org/>

SOCIAL MEDIA

Instagram: parenting - tech safety - kids emotions - sex talk

@barktechnologies-share online safety tips, info about popular apps, how to parent in the digital age

@betterscreen time-resources on technology and how to live with less tech in your home

@biglifejournal-tools and tips for parenting kids with big emotions

@bescreenstrong-helping parents with kids screen dependence

@birds_bees-talking to your kids about sex-courses and parenting tips

@smartgensoc-info on digital choices for parents and kids

Instagram: self care, motherhood, marriage

@marriagemindset

@truth_redefined

@wellwateredwomen

@cleerelystated

@lyndi.goodman

@daughterofdelight

@mamabearapologetics

@shereadstruth

@fiercemarriage

MORE NOTES

ADULT COUNSELORS

- * **The Encouragement Center- Anne Harris** - 312 N Elm St #122, Grand Island, NE 68801 - Phone: (308) 389-9181
- * **Lisa Barnes, LICSW** - 312 N Elm Street - Suite 100 - Grand Island, NE 68801 - 308-385-8667 - Lisabarnes@fallforwardcounseling.com
- * **Rising Hope** - Amanda Dub-as - Dr. Sarah Griess - Sarah Spellbrink - Kristin Chamness - <http://risinghopene.com/ourclinicians> - Phone: 308.380.5719 - Office: 312 N. Elm Street., Ste. 115 Grand Island, NE 68801
- * **Truth Redefined Counseling + Coaching - Emily Hoegh** - <https://www.truth-redefined.com/> - emily@truth-redefined.com - 402-205-8232
- * **Dr. Elgin (both adults and kids) - Foundations Counseling** - <https://foundationscounselinginc.com/> - (402) 366-3411
- * **Carli Israelson-Reiners - The Lean Inn** - Hastings, NE 68901 - (402) 260-5538
- * **Prairie Winds Healing, LLC** - Office: 308-398-6050 - 908 N Howard Ave Suite 102, Grand Island, NE 68803, USA

KID COUNSELORS

Note: We do not know all of them or their services but they were given to us by a counselor in GI, so we cannot speak to their character or ability.

- * **Harmony Health-In Aurora - Annie De La Cruz & Vicki Hill** - <https://www.cvharmonyhealth.org/staff/>
- * **Clearwater Counseling** - <https://clearwatercounselingpc.org/meet-our-team>
- * **Alfrey and Pruitt Counseling** - <https://alfreyandpruittcounseling.com/>
- * **South Central Behavioral Services** - <https://www.scbsne.com/counseling-services/>
- * **Jen Myers** - 124 W 46th Street - Suite 106 - Kearney, NE 68847 - (308) 455-4326
- * **Kelli Czarnick, LPC** - 2514 North Webb Road - Grand Island, NE 68803 - (402) 316-1369

ADDITIONAL NOTES: