

## VARIETY OF RESOURCES (Categorized by alphabetical order)

### ALCOHOL / SUBSTANCE ABUSE

- Al-Anon / Alateen - [www.niafg.org](http://www.niafg.org) 800.344.2666
- Alcoholics Anonymous - [www.aa.org](http://www.aa.org) 312.346.1475

### BEREAVEMENT MINISTRY

- Catholic Cemeteries, Archdiocese of Chicago  
<http://www.catholiccemeterieschicago.org/>

### BOOKS FOR ADULTS

- *Adult Children of Divorced Parents* – Making your marriage work by Beverly and Tom Rodgers
- *Between Two Worlds* - The inner lives of children of divorce by Elizabeth Marquardt
- *Catholic Annulment* – Spiritual healing by Dennis and Kay Flowers
- *Divorce Busting* – A revolutionary and rapid program for staying together by Michele Weiner-Davis
- *Grief Quest: Men coping with Loss* by Robert J. Miller
- *Growing in Faith When a Catholic Marriage Fails* – For divorced or separated Catholics and those who minister with them by Antoinette Bosco
- *Making Your Second Class Marriage A First Class Success* by Doug and Naomi Moseley
- *Saving Your Second Marriage Before It Starts* – Nine questions to ask before (and after) you remarry by Les Parrott and Lesley Parrot
- *Spiritual Divorce* – Divorce as a catalyst for an extraordinary life by Debbie Ford
- *The Unexpected Legacy of Divorce* – The 25 year landmark study by Judith S. Wallerstein

- Thinking Divorce? Think Again – Seven realities you need to know by Lorie Fowlke

## BOOKS FOR CHILDREN

- Books on divorce, grief, and separation  
<https://www.familyministries.org/files/booksforChildrenDivorcegriefseparation.pdf>

## BOOKS FOR OLDER CHILDREN

- *Making Your Way After Your Parents' Divorce* – A supportive guide for personal growth by Lynn Cassella-Kapusinski
- *Now What Do I Do?* - A guide to help teenagers with their parents' separation or divorce by Lynn Cassella-Kapusinski
- *When Parents Divorce or Separate* - A Catholic guide for kids by Lynn Cassella-Kapusinski

## CHILDREN

- Between Two Homes - <http://www.childreninthemiddle.com/>  
Helping families raise children between two homes (online program for parents)
- Divorce Care for Kids – [www.dc4k.org](http://www.dc4k.org)  
Find a support group for kids
- My Grief Angels - [www.mygriefangels.org](http://www.mygriefangels.org) (read site's disclaimer)  
Online grief support organization providing resources and services
- Rainbows - <http://rainbows.org/>  
Helps children recover from loss through divorce, death, or crisis
- Up To Parents - <http://www.uptoparents.org/>  
A free, confidential, and interactive website for divorcing and divorced parents

## COUNSELING

- Catholic Charities -  
<http://www.catholiccharities.net/GetHelp/OurServices/Counseling.aspx>  
Professional counselors and therapists who support Catholic teachings

- Catholic Therapists - <https://www.catholictherapists.com/>  
List of counselors across USA and Canada
- Center for Contextual Change - <http://www.centerforcontextualchange.org/>  
A group of nationally recognized and highly trained psychotherapists specialized in relationship issues
- Marriage Friendly Therapists - <http://www.marriagefriendlytherapists.com/>  
Couples and marriage counselors in your area
- Meier Clinics - <http://www.meierclinics.com/>  
Caring for the entire person emotionally, physically, and spiritually

## DIVORCED

- Catholic Divorce Ministry - <http://www.nacsd.org/>  
Network of support for families experiencing separation and divorce
- Divorced and Widowed Conference\_-  
<https://www.familyministries.org/files/Conference-Divorced-and-Widowed2015.pdf>  
Yearly day of reflection for divorced and widowed and those who care for them
- Divorce Care - [www.divorcecare.org](http://www.divorcecare.org)  
Meeting groups, free daily encouragement email, six-week personal study
- Divorced Catholic - <http://divorcedcatholic.com/>  
Online support program, workshops, daily reflections and more
- Journey of Hope Radio - <http://www.blogtalkradio.com/journeyofhoperadio>  
Help divorced Catholics and Christians find accurate information, support, and healing
- Single Though Loss - <http://www.singlethroughloss.org/>  
For those who have lost a significant relationship through divorce or death
- The Catholic's Divorce Survival Guide - <http://www.catholicsdivorce.com/>  
A 12 DVD video sessions by Rose Sweet

## DOMESTIC VIOLENCE

- City of Chicago Help Line - 877.863.6338

- National Domestic Violence Hot Line - 800.787.SAFE (7233)

## EDUCATIONAL

- Divorce Magazine - [www.divorcemagazine.com](http://www.divorcemagazine.com) Articles on different topics

## FAITH

- Once Catholic - <http://www.oncecatholic.org/>  
Help to put you back in touch with a face-to-face community of Catholics
- Prayer after divorce -  
<https://www.familyministries.org/files/Prayer%20after%20divorce.pdf>

## LEGAL

- AIDS Legal Counsel of Chicago - 312.427.8990
- Chicago Bar Association Referral Services - 312.554.2001
- Catholic Charities Legal Assistance -  
<http://www.catholiccharities.net/GetHelp/OurServices/LegalServices.aspx>  
Basic legal advice and referral services by phone or in person
- Collaborative Law Institute of IL - <http://collablawil.org/>  
An alternative to divorce litigation in which all parties work together to create solutions without going to court
- DePaul Clinic - 312.341.8294
- Legal Assistance Foundation of Chicago - 312.341.1070
- Ley de Loyola - 312.915.7930
- Mediation Council of Illinois - <http://www.mediationcouncilofillinois.org/>  
Assists parties in conflict to resolve disputes

## OTHER

- Divorce and the rest of the family - Extend help in appropriate ways  
[https://www.familyministries.org/resources/article.asp?c\\_id=7&t\\_id=7&article\\_id=10](https://www.familyministries.org/resources/article.asp?c_id=7&t_id=7&article_id=10)
- Misunderstandings about Catholics and Divorce

[https://www.familyministries.org/resources/article.asp?c\\_id=7&t\\_id=7&lang=en&article\\_id=53](https://www.familyministries.org/resources/article.asp?c_id=7&t_id=7&lang=en&article_id=53)

- What the Church says about divorce - Code of Canon Law

[https://www.familyministries.org/resources/article.asp?c\\_id=7&t\\_id=7&lang=en&article\\_id=54](https://www.familyministries.org/resources/article.asp?c_id=7&t_id=7&lang=en&article_id=54)

## RELATIONSHIP ASSESSMENT

- Catholic Couple Checkup – Assessment for dating, engaged, and married couples

[https://www.couplecheckup.com/webapp/partner\\_checkup\\_widget/inventory/create\\_account/template/CoupleCheckupSplash.vm?orig\\_id=FMADOC&purp\\_id=200&report\\_lang\\_code=ENGLISH](https://www.couplecheckup.com/webapp/partner_checkup_widget/inventory/create_account/template/CoupleCheckupSplash.vm?orig_id=FMADOC&purp_id=200&report_lang_code=ENGLISH)

## RE-MARRIED

- Smart Step Families - <http://www.smartstepfamilies.com/>  
Site that provides Christian resources for single parents, dating couples with kids, and step families
- Step Carefully - <http://www.stepcarefully.com/> For stepparents

## SEPARATED

- Controlled Separation - <http://marriagemissions.com/controlled-separation/>  
Help for ambivalent couples
- Dear Peggy - <http://www.dearpeggy.com/index.html>  
Extra marital affairs resources center
- Divorce Busting - <http://www.divorcebusting.com/>  
Helps couples stop divorce and get their marriage back on track
- Institute for Marital Healing - <http://www.maritalhealing.com/>  
Strengthening Catholic marriages and families
- No divorce today - <http://www.nodivorcetoday.org/>

A free guide separated or separating spouses can use to protect their children and themselves and keep open the possibility of a happy reunification

- Retrouvaille - <http://www.retrouvaille.org/>

A program to help couples heal and renew their marriages

- The Third Option - <http://thethirdoption.com/>

For hurting couples, who see only two options (painful endurance or divorced)

The Third Option means reconciliation

## SOCIAL NETWORK

- Gatherings at parishes

[https://www.familyministries.org/resources/article.asp?c\\_id=7&t\\_id=7&lang=en&article\\_id=78](https://www.familyministries.org/resources/article.asp?c_id=7&t_id=7&lang=en&article_id=78)

## SPANISH

- Pastoral para Divorciados - Support, guidance, and resources for divorced in Spanish

[https://www.familyministries.org/resources/index.asp?c\\_id=7&t\\_id=7&lang=es](https://www.familyministries.org/resources/index.asp?c_id=7&t_id=7&lang=es)