



new beginnings
DIVORCE RECOVERY PROGRAM

Summit
2020/RESOURCES
GUIDE

Divorce Recovery Programs

- New Beginnings Groups <https://www.newbeginningsevents.org>
- Vince Frese: www.vincefrese.com & www.divorcedcatholic.com
- Frese's program: Recovering from Divorce Online:
https://go.divorcedcatholic.com/optin-23285458?utm_source=vfside
- Rose Sweet: <https://rosesweet.com/>
- CDM: www.nacsd.org

Book Recommendations

- THE BIBLE
- The Return of the Prodigal son by Henri Nouwen
- Mere Christianity by CS Lewis
- Everybody needs to Forgive Somebody by Allen R. Hunt
- Prayer Books:
- Catholic Book of Prayers by Rev.Maurus Fitzgerald
- Queen of Apostles Prayer book
- The Magnificat
- Living the word: Scripture Reflections for study bible groups

Book Recommendations

- Dominican Publications (Dominican Fathers):
<https://dominicanpublications.com/>
- Tan Books: <https://www.tanbooks.com/catholic-courses.html#>
- Paulist Press (Paulist Fathers): <https://www.paulistpress.com/>
- Pauline Sisters Press (Paulist Sisters) : <http://www.pauline.org>
- Ignatius Press (Jesuit Fathers): <https://www.ignatius.com/>
- Dominican Publications (Dominican Fathers):
<https://dominicanpublications.com/>

Book Recommendations(Continued)

- Tan Books: <https://www.tanbooks.com/catholic-courses.html#>
- Tan Books in Spanish: <https://www.tanbooks.com/spanish-products.html?alias=spanish>
- Saint Benedict Press: <https://www.saintbenedictpress.com/>
- Books by Father Mitch Pacwa, SJ (Jesuit) : <https://www.ignatiusproductions.org/>
- Books by Father Donald Calloway MIC (Marian Fathers of the Immaculate Conception) : www.shopmercy.org
 - Champions of the Rosary
 - Under the Mantle
 - No Turning Back
 - Books in Spanish

Couples Help

- RETROUVAILLE: <https://sfarchdiocese.org/retrouvaille>
- Just as Masters and Johnson were pioneers in the study of human sexuality, so [Dr. John Gottman](#) has revolutionized the study of marriage. For nearly four decades he has conducted research on all facets of relationships, including parenting issues. At the Institute, in collaboration with [Dr. Julie Schwartz Gottman](#), he developed an approach that not only supports and repairs troubled marriages and committed relationships, but strengthens happy ones. The Gottman Institute provides live workshops and take-home training materials for couples, while The Gottman Referral Network provides therapy referrals to couples.
- Materials from the Gottman Institute (Seattle , WA):
- <https://www.gottman.com/couples/products/>
- <https://www.gottman.com/conversations/>: webinars
- https://www.youtube.com/results?search_query=John+Gottman
- Books by John Gottman, PhD:
 - The Relationship Cure
 - The Seven Principles for Making Marriage Work
 - What Makes Love Last
 - The Man's Guide to Women
 - The Eight Dates

Helpful Links & Books

- St. Hilary Masses: <https://www.sthilary.org> YouTube Channel
- https://www.youtube.com/channel/UCFoxcPCRUQ_S7KfA-1FEIYQ
- Father Joseph Illo Blog: <http://www.frilloblog.com/>
- David Richo, PhD , MFT -psychotherapist
 - <https://davericho.com/> , <https://davericho.com/video/> ,
https://www.youtube.com/results?search_query=David+Richo
- Dr. Elizabeth Cohen- clinical psychologist :
<https://drelizabethcohen.com/>
- **BOOKS:**
 - Going through a divorce triggers a thirst for knowledge
 - Whether you are just experiencing divorce, or you have been divorced for quite some time, books can help you in your journey back to abundant life and meet you right where you are.
- By Vince Frese (www.divorcedcatholic.com & www.vincefrese.com):
- By Rose Sweet: <https://rosesweet.com/>
 - <https://rosesweet.com/> Healing the Heartbreak of Divorce

Insightful Books

- By Lynn Cassella-Kapusinski: (www.Faithjourneys.org)
 - The Divorced Catholics Guide to Parenting
 - When Parents Divorce
 - Oil on Wounds
- By Bruce Fisher, Ed.D and Robert E. Alberti: Rebuilding:When Your Relationship Ends
- By David Richo, PhD :
 - You Are Not What You Think
 - When the Past is Present:Healing the Emotional Wounds that Sabotage our Relationships
 - The Five Things We Cannot Change and the Happiness We Find by Embracing Them
 - How To Be an Adult:A Handbook on Psychological and Spiritual Integration
 - How To Be an Adult in Relationships: the Five Keys to Mindful Loving
- More Recommended books : www.Davericho.com/books
- By John Gray, PhD.: Men are From Mars,Women From Venus, Beyond Mars and Venus etc..
 - More: <https://marsvenus.com/>

Podcasts and Instagram

- The Divorce and Beyond podcast- with Susan Guthrie, Divorce Attorney and Mediator
- Her recommended tool for co-parenting: App: FAYR (Also in Spanish)
- Moms Moving podcast- with Michelle Dempsey
 - Instagram: <https://www.instagram.com/themichelledempsey/>
- Thedivorcedoctor- with Dr. Elizabeth Cohen , clinical psychologist:
www.drelizabethcohen.com
 - Instagram: <https://www.instagram.com/thedivorcedoctor/>

Celebrate Recovery & Retrouvaille

- **Celebrate Recovery Suggests the following pages:**
 - Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind.
 - Celebrate Recovery is a safe place to find community and freedom from the issues that are controlling our life.

Resources:

- <https://youtu.be/ZUHVn45JPYY>
- <https://www.helpourmarriage.org/>
- <https://sfarchdiocese.org/retrouvaille>
- https://www.facebook.com/San-Francisco-Retrouvaille-578136705583617/?view_public_for=578136705583617

Healthy Habits

Commit to a healthy lifestyle

- 1.Exercise, hike, walk, run, play a sport
- 2.Play with your children
- 3.Cook with your children
- 4.Eat healthy meals
- 5.Try to eat together at the table
- 6.Give thanks and Bless your meals
- 7.Practice good family habits as single parents
- 8.Practice quiet Adoration,meditation,prayer
- 9.Get enough water and Get a good night sleep

Recommended Daily Routine

Morning:

Prayer of gratitude

Read your Bible

Listen to or attend Daily Mass

Write your To Do list

Afternoon:

Take a break to pray and meditate

Evening:

Pray with your children

Practice gratitude -3 + things you are grateful for

Start Journaling

MUSIC & RADIO

Listen to inspiring Christian spiritual songs

Worship singing can be very uplifting

The Message radio station or one you like

Listen to inspiring positive uplifting podcasts

Relevant Radio or any radio that nurtures your
faith and guides you

Create an uplifting, happy, playlist of music to
listen to especially in difficult times

Socialize

1. Join a Church, prayer group and/or a bible study group, or art, music, hobby class
2. Attend Sunday Mass with your children
3. Spend time with friends who will support you
4. Seek help if you need it
5. Start a New Beginnings Group: Email to: info@newbeginningsevents.org
6. Practice Charity-Be a good neighbor
7. Be kind to yourself and others