

Possible Resources (Diocese of Lincoln)

Catholic Divorced Survival Guide- A 12 week program featuring 30-minute DVD segments that cover topics of shock, denial, anger, grief, guilt, forgiveness, money, the courts, kids, the ex-spouse, annulment, dating, sexuality, spirituality, remarriage and much more. Call the Family Life Office at 402-473-0620 for more information.

Retrouvaille - A weekend experience with follow-up sessions for troubled marriages, offered twice a year helps couples rebuild loving relationships. - info@Retrouvaille.org

Healing Hearts - A program offering support for those who have suffered the loss of a loved one. Contact the Family Life Office at 402-473-0620 for more information.

When a Baby Dies - Individual grief outreach to families who have lost an infant through miscarriage, stillbirth, infant death or abortion. A Mass of the Holy Innocents is also offered every year on December 28th. Call the Family Life Office at 402-473-0620 for more information.

Project Rachel - An outreach of the Catholic Church to anyone hurting psychologically or spiritually after involvement with abortion. Project Rachel counselors & clergy are specially trained to understand & help heal the psychological and spiritual pain of abortion. **Hotline:** 888-456-4673 or www.hopeafterabortion.org

Rachel's Vineyard - An organization offering weekend retreats for women who have had abortions and for others who believe that they have been hurt by abortion. Contact Heather at 402-253-9936, helpingrachel@yahoo.com or go to their website at rachelsvineyard.org

Unbound Ministry - "Unbound is a deliverance prayer ministry that helps people respond to the good news of the gospel, apply the truth to their lives and open their hearts more fully to Jesus's invitation of abundant life. Unbound prayer, uses five keys of repentance and faith, forgiveness, renouncing the lies and spirits of the enemy, taking authority in Jesus' name and receiving the Father's blessing. Visit lincolndiocese.org/unbound. Read *Unbound* by Neal Lozano. Contact the Diocesan Coordinator Matthew Simmons-402-805-9668 or matthew-simmons@cdolinc.net

Immaculate Heart of Mary Counseling Center - Counseling services offered by Licensed Psychologists and Licensed Mental Health Practitioners that focuses on the psychological, spiritual, and physical needs of our clients, their families and the community. Call 402-489-1834.

Bloomforwomen.com - Bloom is an online community dedicated to helping women gain confidence, hope, and resilience through professional therapeutic support, educational resources, and an empathetic community. Find joy and stability independent of life's circumstances. We believe happiness is not contingent upon another person or situation.

Freedom from Pornography - The sin of pornography can carry with it great shame, and many people find it difficult to come forward. This program offers support for men, women and their loved ones affected by pornography. Please visit: IntegrityRestored.com and lincolndiocese.org/freedom for helpful resources.

Courage - Courage offers hope and support for men and women with same sex attraction who wish to live chaste lives and is a faithful witness to the Church's teaching on human sexuality while maintaining an abundance of charity and compassion. For more information about Courage consult a parish priest or visit CourageRC.org

EnCourage - A companion apostolate, EnCourage, was formed specifically to minister to the parents, friends and family members of those who are burdened with SSA. EnCourage focuses on helping its members deepen their own spiritual development in order to achieve peace and complete trust in God's providence and love. For more information about EnCourage consult a parish priest or visit CourageRC.org

Alcoholics Anonymous - A program to help those suffering from alcoholism get free of their addiction. Lincaa.org or call 402-438-5214 for more information.

Sacred Heart Ministries- Sacred Heart Ministries helps the Catholic faithful deepen in intimacy with Jesus through prayer. We offer one on one spiritual accompaniment, spiritual accompaniment for couples, individual guided Ignatian retreats, and parish or group retreats on individual prayer and spousal prayer. sacredheartmin.org , or sacredheartmin@gmail.com, 402-805-9668