



Personal Resources

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Our journey with God involves personal responsibility for our lives, our healing, and our health. Though we cannot control what happens to us, we do play a part in who we become and how we heal. Personal responsibility often involves creating healthy rhythms for your life, acknowledging what is yours to do in the situation, setting boundaries, and seeking help or counselling where you need help.

Counselling Resources

Counselling/Therapists

Please note that this list is not intended as an endorsement or recommendation, but a list of locally known resources.

- [Amy Wiens](#) (Crossroads CPC) - Specialises in marital and family counselling, parenting, mood disorders, anxiety, self-esteem, personal growth, stress, grief, separation and divorce.
- [Lauren Eagleson](#) (Halifax Anxiety and Trauma Clinic) - Specialises in child and youth therapy with a focus on anxiety, trauma, and relationship issues, experience with mood disorders, disordered eating, OCD, and PTSD.
- [Julia Wiens](#) (Julia Wiens Therapy) - Will treat a wide range of issues, passion for working with issues concerning parenting, emotional abuse, anxiety and grief.
- [Kelly Call](#) (Revery Counseling) - Primarily books online sessions. Treats a wide range of issues.
- [Natalie Mansvelt](#) (Lighthouse Counseling) - Adults and couples struggling with anxiety, depression, stress, grief, relationships, self-esteem, marriage and family problems. Also works with parents and children with behavioural issues or emotional dysregulation.



Spiritual Directors

- [Barat Spirituality Centre](#)
- [Canadian Fellowship of Christian Spiritual Directors](#)

Recommended Reading

Spiritual Growth and Healing

- [Emotionally Healthy Spirituality](#) - Pete Scazzero
 - [The Gift of Being Yourself](#) - David Benner
 - [Managing Leadership Anxiety](#) - Steve Cuss
 - [Invitation to a Journey](#) - Robert Mulholland
 - [Life Together](#) - Ruth Haley Barton
 - [Renovation of the Heart](#) + [Devotional](#) - Dallas Willard
 - [Deep Wounds, Deep Healing](#) - Charles Kraft
 - [Codependent No More](#) - Melanie Beattie
 - [The Body Keeps the Score](#) - Bessel Van der Kolk
 - [Soul Care](#) - Rob Reimer
 - [Deeply Formed Life](#) - Rich Villodas
 - [The Ruthless Elimination of Hurry](#) - John Mark Comer
 - [Life Without Lack](#) - Dallas Willard
 - [Live No Lies](#) - John Mark Comer
 - [Sacred Fire](#) - Ronald Rolheiser
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- Grief and Suffering
 - [God on Mute](#) - Pete Grieg
 - [Where is God in all the Suffering?](#) - Amy Ore Ewing
 - [A Grace Disguised](#) - Jerry L Sittser
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- Vocation / Direction Discernment
 - [Garden City](#) - John Mark Comer
 - [Let Your Life Speak](#) - Parker Palmer
 - [Discernment](#) - Henri Nouwen
 - [Called to Cultivate](#) - Chelsea Patterson
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- Relationships



- [How We Love](#) - Milan & Kay Yerkovich
- [Redeeming Singleness](#) - Barry Danylak
- [Boundaries](#) - Dr. Henry Cloud & Dr. John Townsend
- [The Meaning of Marriage](#) - Tim Keller
- [Loveology](#) - John Mark Comer
- [Life Together](#) - Dietrich Bonhoeffer
- [7 Myths about Singleness](#) - Sam Allberry