

Mental Health Resources

Books:

- The Voice of the Heart: A Call to Full Living by Chip Dodd
- Parenting with Heart: How Imperfect Parents Can Raise Resilient, Loving, and Wise-Hearted Kids by Stephen James and Chip Dodd
- The Deeply Formed Life: Five Transformative Values to Root Us in the Way of Jesus by Rich Villodas and Pete Scazzero
- The Relational Soul: Moving from False Self to Deep Connection by Richard Plass and James Cofield
- Healing the Wounded Heart by Dan Allender
- The Gift of Being Yourself by David Benner

Podcast:

The place we find ourselves by Adam Young

Website:

<https://adamyoungcounseling.com/>

<https://www.crosspointministry.com/>

Counseling Services:

The Center: <https://thecentercounseling.org/>

Sparrow House Counseling: <https://www.sparrowhousecounseling.com/>

Personal Contact:

Amelia Banks: amelia@pennysparrowtherapy.com