

Counseling Resources

EastLake Church -Support Groups:

- Deployed Spouses
- Divorce Care
- Divorce Care for Kids
- Grief Share
- Christ Centered Recovery
- Abortion Recovery
- Every Man's Battle
- Cancer
- Infertility
- Single Moms
- Single Dads

Emergency Resources:

- 211 - Helpline
- Crisis 24-Hour Hotline (800) 479-3339
- Domestic Violence Hotline (888) 385-4657
- AA (619) 265-8762
- Al-Anon (619) 296-2666
- Nar-Anon (858) 492-8720

In-House Pastoral Care and Biblical Guidance:

- Women's- Karla Renfro 619-421-4100 x263
- Men's- Bob Henson 619-421-4100 x251

On-Line Resources:

- Insight for Living www.insight.org
- Focus on the Family www.focusonthefamily.com
- Homeward with Jim Burns www.homeward.com
- Family Life Ministries www.Familylife.com <
- Steve Arterburn and Dr. Henry Cloud's New Life Ministry www.NewLife.com

Local Professional Counseling Resources:

- Dennis Harris (619) 992-3233
- Cesar Brijandez (619) 502-0940
- Barbara Parks (619) 684-4008
- Lighthouse Psychological Services (619) 248-8608 www.lighthousepsy.com
- McAlister Institute (Detox) (619) 440-4801/498-0908 (Recovery)
251 Palomar Street #A, CV, CA 91911

Remote Phone Counseling:

- **Insight for Living :Care Line** (972) 473-5097
- **Focus on the Family** (800) AFAMILY
- **Recovery Options Network, Inc** (800) 662-2873

Books: www.amazon.com

Marriage:

Five Love Languages

by [Gary Chapman](#) (Author)

For Women Only: (Hardcover)

by [Shaunti Feldhahn](#) (Author)

For Men Only: (Hardcover)

by [Shaunti Feldhahn](#) (Author)

Sheet Music (Paperback)

by [Kevin Leman](#) (Author)

Boundaries in Marriage (Paperback)

by [Dr. Henry Cloud](#) (Author), [Dr. John Townsend](#) (Author)

Love & Respect

by [Emerson Eggerichs](#)

Children:

Don't Make Me Count to Three

by [Ginger Plowman](#) (Author)

Boundaries for Kids (Paperback)

by [Dr. Henry Cloud](#) (Author), [Dr. John Townsend](#) (Author)

Have a New Kid by Friday

by [Dr. Kevin Leman](#) (Author)

Don't Make Me Count to Three: a Mom's Look at Heart-Oriented Discipline (Paperback)

by [Ginger Plowman](#) (Author)

Shepherding a Child's Heart (Paperback)

by [Tedd Tripp](#) (Author)

Boundaries for Teens (Paperback)

by [Dr. Henry Cloud](#) (Author), [Dr. John Townsend](#) (Author)

Every Teenager's Little Black Book on Sex and Dating (Little Black Books) (Little Black Books (Harrison House)) (Paperback)

by [Blaine Bartel](#) (Author)

Christian Growth:

Purpose Driven Life

By [Rick Warren](#)(Author)

Life Application Bible (New Living Translation – NLT)

Get Out of That Pit: Straight Talk about God's Deliverance (Hardcover)

by [Beth Moore](#) (Author)

Finances:

Total Money Makeover

By [Dave Ramsey](#) (Author)

Women:

Captivating: Unveiling the Mystery of a Woman's Soul (Paperback)

by [John Eldredge](#) (Author), [Stasi Eldredge](#) (Author)

Intimate Issues: 21 Questions Christian Women Ask About Sex (Hardcover)

by [Linda Dillow](#) (Author), [Lorraine Pintus](#) (Author)

Her Choice to Heal: Finding Spiritual and Emotional Peace After Abortion (Paperback)

by [Sydna Masse](#) (Author), [Joan Phillips](#) (Author)

Men:

Wild at Heart: Discovering the Secret of a Man's Soul (Paperback)

by [John Eldredge](#) (Author)

The Way of the Wild Heart: A Map for the Masculine Journey [BARGAIN PRICE] (Hardcover)

by [John Eldredge](#) (Author)

Every Man's Battle: Winning the War on Sexual Temptation One Victory at a Time (The Every Man Series) (Paperback)

by [Stephen Arterburn](#) (Author), [Fred Stoeker](#) (Author)

Relationships:

Boundaries (Paperback)

by [Dr. Henry Cloud](#) (Author), [Dr. John Townsend](#) (Author)

How to Get a Date Worth Keeping (Paperback)

by [Dr. Henry Cloud](#) (Author)

Boundaries in Dating (Paperback)

by [Dr. Henry Cloud](#) (Author), [Dr. John Townsend](#) (Author)

Too Close Too Soon: Avoiding the Heartache of Premature Intimacy (Paperback)

by [Jim A. Talley](#) (Author)

For additional resources, please contact Karla Renfro or Bob Henson at 619-421-4100.