



Troubled Marriages, Separation and Divorce Recommended Resources from the Diocese of Davenport

Website resources:

Troubled Marriages

<http://www.foryourmarriage.org/marriage-resources/marriage-help-and-support/support/>

<http://marriagepreparation.com/page/?pg=15>

Separation/Divorce

<http://www.nacsd.org> (Catholic Divorce Ministry)

<http://www.catholicdivorce.com> (Resources for the divorced including Catholic Divorce Survival Guide- see below)

http://www.faithjourneys.org/pages/Books_Divorce.pdf (Book list for children by age)

www.divorcedcatholic.com (Resources include programs, books, **free online workshops**, daily inspirations, blog, etc.)

Workshop Topics – Check website for workshop dates and times

- The 10 Keys to Recovering from Divorce: Why Does It Hurt So Badly?
- Facilitator Training: Learn How to Start and Run a Divorce Support Group
- Single Parenting: Helping Kids Cope with Divorce – Plus: Raising Kids Catholic after Divorce
- What is an Annulment and Why You Would Need One?

"Evening for the Divorced and Separated and Those Who Love Them" event with Rose Sweet held on Friday, October 30, 2020, [video recording](#)

Diocesan Surviving Divorce Support Group

- St. Patrick, Iowa City – **Stephanie Zeising** – 319-530-5487 or joyingratitude@gmail.com.

Teen & Young Adult On-line Support

restoredministry.com (Restored Ministry helps teens and young adults from divorced and separated families find guidance, healing, and support).

Local Counseling

Brandon Wall (Catholic)

Cedar Rapids Counseling Center
3745 Center Point Rd. NE
Suite A, Cedar Rapids, IA 52402
cedarrapidscounselingcenter.com
Phone: (319) 320-7506

Catholic Charities (Cedar Rapids)

Sr. Mary Lawrence Community Center
420 6th Street, S.E., Suite 220, Cedar Rapids, IA 52401
Phone: (319) 364-7121 Fax: (319) 364-7122

Family Counseling & Psychology Center

Melissa Estes, MFT, LCPC (Catholic)
2485 Tech Drive, Bettendorf, IA. 52722
Phone: (563) 355-1611 Fax: (563)355-6617

Iowa City Counseling Center

3030 Northgate Drive, Suite E. Iowa City, IA 52245
Phone: (319) 337-6483 Fax: (319) 337-4208

Journey Counseling Services

Holly Smigel, MA, LMHC (Christian)

Owner/Clinical Director
6 Hawkeye Dr Ste 105, North Liberty, IA 52317
Web: www.journeycounselingservices.net
Email: holly@journeycounselingservices.net
Phone: (319)541-7253

Lutheran Family Service

Kristi Manly, LMHC

Individual, Marriage & Family Counselor
2550 Middle Road (Northwest Bank Tower) #300
Bettendorf, IA 72722
(563) 359-0696

Marriage & Family Counseling Service

Xochitl Herrera Pannell (Spanish)

1800 3rd Avenue, Suite 512
Rock Island, IL
(309) 786-4491
Email: MARFAMCSLG@AOL.COM

Anthony Mielke

Waxwing Psychological Services, PLLC
<https://www.waxwingpsych.com/> 319-382-0751

Mount Mercy Family Clinic

<https://www.mtmercy.edu/olson-clinic>

Remote Counseling

Pastoral Tele-Counseling Services

The Pastoral Solutions Institute provides over 8000 hours/year of ongoing, Catholic-integrated counseling services via the telephone to couples, families and individuals. Combining insights from our Catholic faith with empirically validated psychological techniques, the counselors help clients find practical and grace-filled solutions to difficult marriage, family, and personal problems. Counselors are all licensed at the highest level, have additional training in pastoral theology, and are faithful to the Magisterium. 740-266-6461 <https://catholiccounselors.com/>

The Alexander House: Marriage Disciples

This couple-to-couple program has helped thousands of couples rediscover the joy and happiness in their marriage by walking with them and sharing practical ways to live out God's plan for their marriage.

Contact: Greg Alexander 210-858-6195 greg@thealexanderhouse.org

Covenant of Love Marriage Mentor Ministry

Covenant of Love uses trained Marriage Mentors to help couples experiencing difficulties in their marriage live the Christ-centered, joy-filled marriage God intends. Marriage Mentors listen closely to the issues married couples raise and offer support in establishing goals that matter the most to them. <https://www.davenportdiocese.org/ff-covenant-of-love>

Retrouvaille

A weekend experience combined with a series of 6-12 post-weekend sessions over three months. The main emphasis of the program is on communication in marriage between husband and wife. There are neither group dynamics nor group discussion on the weekend. 800-470-2230
<http://retrouvaille.org/>

Recommended Books:

Rebuilding: When Your Relationship Ends by Dr. Bruce Fisher

After the Affair by Janis Abrahms Spring

When Parents Divorce or Separate: I Can Get Through This (Catholic Guide)
By Lynn Kapusinski (appropriate for grade school age)

Now What Do I Do – A Guide to Help Teenagers with Their Parents' Separation or Divorce
By Lynn Kapusinski (appropriate for junior and senior high school age)

Daily Inspirations for Divorced Catholics by Vince Frese, Divorced Catholic Publishing, 2015

Primal Loss: The Now-Adult Children of Divorce Speak by Leila Miller, 2017 (free e-book or pdf available) *

***DVD Personal/Parish Programs:**

The Catholic's Divorce Survival Guide: Helping You Find Peace, Power, and Passion After Your Divorce – Ascension Press, 2014 – Includes 12 DVD Video Sessions, Participant's Personal Survival Guide, and a Leader's Guide

Recovering From Divorce: Home Study Kit – Divorced Catholic Ministries – 13 Session program, program workbook, prayer book and program journal. (Also available on-line <http://divorcedcatholic.com/programs/individual/>).

* Available for checkout from Diocese of Davenport Faith Formation Office
Contact Marianne Agnoli at agnolim@davenportdioces.org or (563) 888-4242