



## Resources for Support

### **Counselling Services**

#### **Bayridge Counselling**

[www.bayridgecounsellingcentres.ca/counselling-clinic-mississauga/](http://www.bayridgecounsellingcentres.ca/counselling-clinic-mississauga/)  
bayridge@bayridgecc.ca  
905.593.2631

#### **Oakville Counselling**

<https://oakvillecounselling.com>  
janet@oakvillecounselling.com  
289.400.4909

#### **Shalem Mental Health Network**

<https://shalemnetwork.org>  
office@shalemnetwork.org  
866.347.0041

#### **Catholic Family Services**

<http://cfspd.com/>  
info@cfspd.com  
905.897.1644

#### **Cornerstone Family Counselling Services (CFCS)**

[www.cornerstonefamilycounselling.com/](http://www.cornerstonefamilycounselling.com/)  
inbox@cfcsnet.ca  
905.214.7363

### **Books**

**Healing the Wounded Heart:** The Heartache of Sexual Abuse and the Hope of Transformation (Dan Allender)

**The Anatomy of the Soul** (Curt Thompson)

**Emotionally Healthy Spirituality** (Peter Scazzero)

**Can You Hear Me** (Brad Jersak)