Useful Websites

**Care for the family** (Founder and Chairman: Rob Parsons OBE)
UK charity – includes online resources for couples, parenting and bereavement
[https://www.careforthefamily.org.uk/](https://www.careforthefamily.org.uk/)

**Mind and Soul Foundation**
Resources to support emotional and mental health
[https://www.mindandsoulfoundation.org/](https://www.mindandsoulfoundation.org/)

**Dr Roger Bretherton** (Senior Lecturer in Psychology at the University of Lincoln, UK, and chair of The British Association of Christians in Psychology)
[https://www.thecharactercourse.com/](https://www.thecharactercourse.com/)

**Paula Hall** (Sexual and relationship psychotherapist)
Resources and online groups to break free from sexual addiction, including pornography
[https://thelaurelcentre.co.uk/paula-hall](https://thelaurelcentre.co.uk/paula-hall)

**Restored**
Help for women facing abuse and domestic violence
[https://www.restoredrelationships.org/](https://www.restoredrelationships.org/)

**Christians Against Poverty (CAP)** (Founder and Chairman: John Kirkby CBE)
Offers debt counselling for couples in financial difficulty
[https://capuk.org/](https://capuk.org/)

Useful Books

**The Marriage Book, Nicky and Sila Lee**
ISBN 9781905887392
Practical advice on what builds a strong marriage for engaged and married couples and for those wanting to explore marriage

**The Parenting Book, Nicky & Sila Lee**
ISBN 9781905887361
Drawing on their own experience of bringing up four children and material from their parenting courses, brings fresh insights to the task of parenting with valuable advice and practical tips

**Questions of Life, Nicky Gumbel**
ISBN 9781842913284
Based on the talks given at the Alpha course. Helpful for couples or individuals wanting to explore the Christian faith or find out more about Alpha

**The Sixty Minute Marriage, Rob Parsons**
ISBN 9780340671450
Can be read in sixty minutes but covers the essential elements for a strong marriage
Includes the contents of best-selling ‘Hold me Tight’ but also shows how a loving connection in marriage is mirrored by our relationship with God. Helps couples to know what is involved in establishing, re-establishing or strengthening a safe emotional connection with their partner.

The seventh session of The Marriage Course (‘Love in Action’) is based on this concept of the different ways people feel loved. Highly recommended for any couple.

Gives an understanding of the nature, role and dangers of anger in relationships and how to use and control it effectively.

Takes the principles of boundaries and applies them to the marriage relationship.

A practical guide exploring how our bodies are designed to respond sexually and providing help for sexual problems couples encounter.

Practical advice on how to build the sexual relationship within marriage.

A biblical and practical approach, offering hope and support for individuals struggling with porn and to those who want to help them.

An honest and profound description of the benefits and challenges of marriage.

Looks at the purposes of marriage from a Christian perspective and shows how the challenges that marriage presents us with can lead to personal growth.