



# RECOMMENDED RESOURCES

## MARRIAGE

### **Books:**

- [The 5 Love Languages](#) by Gary Chapman
- [Sacred Marriage](#) by Gary Thomas
- [Love & Respect](#) by Emerson Eggerichs
- [His Needs, Her Needs](#) by Willard F. Harvey, Jr.
- [Sheet Music](#) by Kevin Leman
- [Real Relationships](#) Zby Drs. Les & Leslie Parrott
- [Healthy Me, Healthy Us](#) by Drs. Les & Leslie Parrott
- [The Good Fight](#) by Drs. Les & Leslie Parrott
- [Your Time Starved Marriage: How To Stay Connected At The Speed of Life](#) by Drs. Les & Leslie Parrott
- [Rebuilding A Marriage Better Than New](#) by Cindy Beall
- [Grace Filled Marriage](#) by Dr. Tim Kimmil
- [Every Heart Restored](#) by Stephen Arterburn
- [Fortify: The Fighter's Guide To Overcoming Pornography Addiction](#) by Fight The New Drug

### **Podcasts + Social Media + Online:**

- [Dear Young Married Couple Podcast](#) | Social Media @dearyoungmarriedcouple
- [Marriage Matters Podcast with Darin & Duana Sargent](#)
- Covenant Eyes: Screen Accountability | [www.covenanteyes.com](http://www.covenanteyes.com)
- Vid Angel: Filter Content on Media | [www.vidangel.com](http://www.vidangel.com)

# LIFESTYLE

## **Books:**

- [Ordering Your Private World](#) by Gordon MacDonald
- [Take The Day Off](#) by Robert Morris
- [Lies Women Believe](#) by Nany Demoss Wolgemuth
- [The Best Yes](#) by Lysa Terkeurst
- [Boundaries](#) by Henry Cloud
- [Boundaries in Dating](#) by Henry Cloud
- [Margin](#) by Richard Swenson
- [Adultish](#) by Nathan & Ashley Whitley (HYPHEN resource)

## **Podcasts + Social Media + Online:**

- [Apostolic Life In The 21st Century Podcast](#) | Dr. David K. Bernard
- [The Ramsey Show](#) | @daveramsey
- [The Fig Tree Podcast](#) with Melani Shock
- [The Good Question Podcast](#) with Jessica Tanderup
- [The Hacka Podcast](#) with Greg Hackathorn
- [Boundaries.me Podcast](#) with Dr. Henry Cloud

# PARENTING

## **Books:**

- [The Family Devotional](#) by Family Ministries Council
- [God's Word For Families Devotional](#)
- [Seeds of Jochebed: Planting Seeds of Truth Into Your Children](#) by Kim Haney
- [Shepherding A Child's Heart](#) by Tedd Tripp
- [The LifeGiving Home](#) by Sally Clarkson
- [King Me: What Every Son Wants And Needs From His Father](#) by Steve Farrar
- [Strong Fathers, Strong Daughters](#) by Dr. Meg Meeker
- [Raising Kingdom Kids](#) by Dr. Tony Evans

- [Loving The Little Years: Motherhood In The Trenches](#) by Rachel Jankovic
- [Mama Bear Apologetics](#) by Hillary Morgan Ferrer
- [Raising Boys By Design](#) by Dr. Gregory L Jantz
- [Triggers: Exchanging Parents' Angry Reactions for Gentle Biblical Responses](#) by Amber Lia & Wendy Speake
- [Are My Kids On Track?](#) by Sissy Goff
- [Raising Worry Free Girls](#) by Sissy Goff
- [Modern Parents, Vintage Values](#) by Sissy Goff & Melissa Trevathan
- [The Tech Wise Family](#) by Andy Crouch
- [The Single Parent: Confident and Successful](#) by Linda Ranson Jacobs
- [Help and Hope For the Single Parent](#) by Dr. Tony Evans

#### **Podcasts + Social Media + Online:**

- [Focus On The Family Parenting Podcast](#)
- UPCI Family Ministries | [www.upcifamily.com](http://www.upcifamily.com)
- Love & Logic: Verbal Discipline Techniques | [www.loveandlogic.com](http://www.loveandlogic.com)
- [M Is For Mama Podcast](#) | Abbie Halberstadt | @misformama
- [Raising Boys & Girls Podcast](#) | Sissy Goff & David Thomas | @raisingboysandgirls
- [Risen Motherhood Podcast](#) | @risenmotherhood
- [Dad Tired Podcast](#) | @dad.tired
- Kari Kampakis | [Girl Mom Podcast](#) | @karikampakis
- Able Ministries: Assisting Families With Special Needs | <https://ladiesministries.com/able-archived>
- Covenant Eyes: Screen Accountability | [www.covenanteyes.com](http://www.covenanteyes.com)
- Vid Angel: Filter Content on Media | [www.vidangel.com](http://www.vidangel.com)
- Plugged In Online: Media Reviews for parents | [www.pluggedinonline.com](http://www.pluggedinonline.com)

# FOR THE KIDS

## Books:

- [Pilot Bennie's Amazing Amazon Adventures](#) by Dolly McElhaney
- [More Amazon Adventures with Pilot Bennie](#) by Dolly McElhaney
- [Heroes Just Like You](#) by Barbara Westberg
- [Brave Heroes & Bold Defenders: 50 True Stories of Daring Men Of God](#) by Shirley Raye Redmond
- [Courageous World Changers: 50 True Stories of Daring Women of God](#) by Shirley Raye Redmond
- [The Prince Warrior Series](#) by Priscilla Shirer
- [I Am - Bible Stories About the Names of God](#) by Diane M. Stortz

## Podcasts + Social Media + Online:

- [1 Year Daily Audio Bible For Kids Podcast](#)
- [Adventures in Odyssey](#)
- [Real Cool History For Kids Podcast](#)
- [Lamplighter Kids Stories Podcast](#)
- [www.clubhousejr.com](http://www.clubhousejr.com)
- [www.adventurebible.com](http://www.adventurebible.com)
- [www.superbookacademy.com](http://www.superbookacademy.com)
- [www.gominno.com](http://www.gominno.com) (streaming service)
- [www.pureflix.com](http://www.pureflix.com) (streaming service)

# RECOMMENDED

## COUNSELORS & THERAPISTS

- **Sonya Canfield, APRN, PMHNP-BC** | Psychiatric Mental Health Nurse Practitioner | Diagnose & treat mental health disorders, psychiatric medication management, treatment of depression, anxiety, bipolar disorders, ADHD, addiction counseling and therapy | Located in North Little Rock, inperson & telehealth | Apostolic Based | 501-258-1834
- **Maranda Leonard, MS, LPE** | Specializing in treatment of depression, anxiety, PTSD. Psychological assessments including ADHD & Autism Evaluations | Located in Cabot | Apostolic Based | 501-286-9755
- **Kevin Payne, MA, LMFT** | Marriage & Family Counselor | Located in Missouri | Offers Online/Zoom counseling for families | Apostolic Based | [www.netmendercounseling.com](http://www.netmendercounseling.com)
- **Dan Sheaffer, LAMFT, LPC, MSCMH/MSMFT** | Therapy for adolescents, men, couples & families | Located in Little Rock | Faith based Christian Counseling | [www.compasscounselingar.com](http://www.compasscounselingar.com)

# FAMILY FUN NIGHTS & COMMUNITY CONNECTIONS

- Host a game night for friends, multi generational families or just your household. Here are some of our favorite games:
  - Toddler Ages, 2-3 years old
    - [Don't Wake The Daddy](#)
    - [Hungry Hungry Hippos](#)
    - [Let's Go Fishing](#)
  - Preschool Ages, 3-5 years old
    - [Chutes and Ladders](#)
    - [Candyland](#)
    - [Don't Break The Ice](#)
    - [Outfoxed](#)
    - [Go Fish](#)
  - School Age, 6-9 years old
    - [Headbandz](#)
    - [Ticket To Ride: First Journey](#)
    - [Kerplunk](#)
    - [Catan Junior](#)
    - [The 5 Second Rule JR.](#)
    - [Taco, Cat, Goat, Cheese, Pizza](#)
    - [Jenga](#)
  - Older Kids, Teens & Adults
    - [Ticket To Ride](#)
    - [Trekking The World](#)
    - [Scattergories](#)
    - [Catch Phrase](#)
    - [Spoons](#)
    - [Sequence](#)
    - [Pit](#)
    - [Monopoly Bid](#)
    - [Code Names](#)
    - [Apples To Apples](#)
    - [Rummikub](#)
    - [Guesstures](#)
    - [Kubb Yard Game](#)

- Classic Games
  - [Checkers](#)
  - [Battleship](#)
  - [Monopoly](#)
  - [Skip Bo](#)
  - [Uno](#)
- Take your family for a picnic and playtime in the park
  - [Richie Road Park, Cabot](#)
  - [Railyard Park](#), Cabot
  - [Laurel Park](#), Conway
- Try out a new sport and invite friends to come!
  - Pickleball
  - Disc Golf
  - Bike ride on the paths in downtown Little Rock
- Host a Family or Friends Talent Night. Get everyone involved from the youngest to the oldest!
  - Skits
  - Karaoke
  - Juggling
  - Comedy
- Host a Family Olympics Night
  - Longest flight of paper airplanes
  - First Bubble - who can blow the first bubble after chewing gum?  
Biggest bubble? Hold their bubble the longest?
  - Hoops - shoot balls into some sort of hoop/basket
  - Thumb wrestling or arm wrestling competition
  - Minute To Win It style games
- Family Bake Off
  - Everyone picks a recipe, set the timer and go!
  - Invite another family to come judge
- Camp outside in the backyard
  - Make a campfire and grill hot dogs and smores
  - Lay in the yard and look at the stars
  - Camp out in the living room if the weather doesn't cooperate
- Outdoor Movie Night
  - Bring a television or screen outside
  - Roast smores and drink hot chocolate while you watch
- Outdoor Scavenger Hunt
  - [www.funcheaporfree.com](http://www.funcheaporfree.com)

- [www.letsdopuzzles.com](http://www.letsdopuzzles.com)
- Get outdoors in the Natural State! Great for families, friends and anyone wanting to connect with others.
  - Recommended resources:
    - [Arkansas Hiking Trails](#) by Tim Ernst
    - [Arkansas Waterfalls](#) by Tim Ernst
    - [All Trails App](#)
    - [www.arkansasstateparks.com](http://www.arkansasstateparks.com) | Check out the passport program for kids!
  - Favorite hikes that are local:
    - [Seven Hollows Trail](#) in Petit Jean State Park
    - [Bear Cave Trail](#) in Petit Jean State Park
    - [Cedar Falls Trail](#) in Petit Jean State Park
    - [Pinnacle Mountain Summit Loop](#) | Maumelle
    - [Lake Catherine Loop](#) | Hot Springs
    - [Sugar Loaf Mountain Loop](#) | Heber Springs
    - [Bridal Veil Falls](#) | Heber Springs
    - [Collins Creek](#) | Heber Springs
    - [Woolly Hollow Loop Trail](#) | Greenbrier
  - Go floating or kayaking
    - [Caddo River](#) | Arkadelphia
    - [Ouachita River Whitewater Park](#) | Malvern
    - [Buffalo River \[Ponca to Kyle's Landing\]](#)
- Date Night with your spouse or Friend Night with a group of friends! Try some new-to-you local restaurants:
  - [Pea Farm Bistro](#) | Cabot
  - [Morina's Italian Restaurant](#) | Cabot
  - [Two Sister's Catering & Cafe](#) | North Little Rock
  - [Bennett's Casual Dining By Keith & Co](#) | Sherwood
  - [1677 Coffee House](#) | Sherwood
  - [The Humble Crumb Bakery](#) | Sherwood
  - [The Rogue Roundabout](#) | Conway
  - [Pasta Grill](#) | Conway
  - [The Fold](#) | Little Rock
  - [Flying Fish](#) | Little Rock
  - [Three Fold Noodle & Dumpling Co](#) | Little Rock
  - [Taqueria El Palenque](#) | Little Rock