



DIOCESE
— *of* —
AUSTIN

MARRIAGE AND FAMILY LIFE
RESOURCE GUIDE

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This star indicates one of Life, Marriage, and Family's most used or favorite resources.

Disclaimer: The Office of Life, Marriage, and Family has reviewed and recommends these resources, but does not endorse or assume responsibility for material on external sites. We strive to keep links current but are not liable for outdated or broken URLs.

Engagement/Pre-Marital Resources

Dating

Serious Singles – canainstitute.org/singles-programs

This popular 5-week program helps single men and women gain confidence, create a purposeful life intention, and learn an emotionally intelligent approach to their life choice. Participants also receive training in practical relationship skills.

Discernment of Vocation

Men

Discernment 180 – discernment180.com 

Discernment 180 is a tool that gives solid guidance for men to discern the priesthood for six months in a concrete, specific way that is anything but vague. By growing in holiness and intentionally considering the priesthood, readers are disposed to listen to the voice of God calling and prepare to give a generous response – no matter where He leads.

Women

Fiat Project – [salesiansisterswest.org/fiat-project](http://salesiansisterswest.org/vocations/fiat-project)

The Fiat Project is an 8-month program designed to accompany women in their 20's and 30's to discern God's call and accept it as their mission.

Discernment 180 – women.discernment180.com 

Discernment 180 is a six-month plan designed to help women open their hearts to God's call, whatever it may be. The program is available for free through an online platform that delivers daily texts with short readings and spiritual practices, or as a purchasable book. Its goal is to foster holiness and encourage peaceful acceptance of God's plan.

Pre-Marital Inventories

FOCCUS (Facilitating Open Couple Communication, Understanding, and Study) – foccusinc.com

As a ministry of the Catholic Archdiocese of Omaha, FOCCUS Inc. USA seeks to guide the men and women of our world through interpersonal communication to reveal who they are in holy, happy, and healthy relationships.

****Offered in Spanish**

Fully Engaged – getfullyengaged.com

Grounded in Church teaching and loaded with catechetical content, this dynamic premarital inventory is a trustworthy guide that meets the real challenges today's couples face.

****Offered in Spanish**

Prepare/Enrich – prepare-enrich.com

Prepare/Enrich adapts and reacts to the changing reality of relationships through continued research and development of assessment versions and resources. The reliability of the assessment and feedback guided by trained facilitators help couples strengthen and enrich their relationships.

***Training offered in the Diocese of Austin**

****Offered in Spanish**

Marriage Formation

Witness to Love – witnessstolove.org



Witness to Love is a virtues-based, Catechumenate model of marriage renewal and preparation that integrates modern principles of psychology and the virtues to help couples facilitate an authentic dialogue about their relationship.

****Offered in Spanish**

Together in God's Love - orderosv.com/product/together-in-god-s-love-a-catholic-preparation-for-marriage-participant-s-workbook-revised



Together in God's Love is written within the Diocese of Austin. The program emphasizes that the Father, Son, and Holy Spirit are united in one being with no beginning and no end. Human beings, likewise, were created by God in God's image for the purpose of a lifelong communion with God and with others. This workbook is a reminder that the Sacrament of Matrimony is no less than a glorious reflection of God's divine being. Training is offered by the Office of Life, Marriage, and Family.

***Local Resource**

****Offered in Spanish**

Yo te elijo a ti, para siempre – schoenstatt-austin.us

This material is a support program for marriage preparation, consisting of five sessions addressing the main topics for preparing engaged couples for this sacrament. The material has solid foundations, includes workshops, and also invites engaged couples to pursue their marriage plan to grow in love throughout their lives. In the Diocese of Austin, the Schoenstatt Shrine offers this program.

*Local Resource

**Spanish Only

Joy-Filled Marriage by Christopher West, Tom McCabe, MA, Rosemary McCabe and Greg Popcak, PhD – ascensionpress.com/collections/joy-filled-marriage

This program offers a comprehensive approach to marriage preparation that covers not only the sacramentality and theology of marriage, but the practical life skills necessary to live out the rich Catholic vision of marriage.

**Offered in Spanish

For Better and For Ever – marriagepreparation.com

For Better and For Ever's mission is to be an on-line resource for dating/engaged couples, clergy, married couples, marriage educators, and anyone else who cares about marriages and families.

**Offered in Spanish

Other Helpful Material

Navigating Engagement with Peace, Joy, and Gratitude -
series.emilywilsonministries.com/courses/navigating-engagement

This spiritual enrichment video course for engaged women focuses on the interior journey of the bride-to-be during engagement, helping her reflect with peace, joy, and gratitude.

Natural Family Planning Introduction Courses

Couples

Discover NFP – austindiocese.org/natural-family-planning

The Diocese of Austin has an introduction presentation for Natural Family Planning for couples in marriage formation. There are couples trained throughout the diocese that are trained in this presentation. If interested in becoming certified in the presentation or hosting a certified speaker, reach out to the Office of Life, Marriage, and Family.

*Local Resource

**Offered in Spanish

Austin FertilityCare Center – austinfcc.org

Austin FertilityCare™ Center offers professional instruction in the Creighton Model FertilityCare™ System (CrMS), grounded in the women's health science of NaProTechnology. Certified by the American Academy of FertilityCare™ Professionals,

the instructors have served the Austin area since 2007—and for 20 years prior as Natural Family Planning of Central Texas.

*Local Resource

**Offered in Spanish

NFP Basics – nfpbasics.com

The NFP Basics Program offers a self-paced online introduction to Natural Family Planning, covering the science, methods, and Church teaching in a clear and accessible way. Ideal for individuals or couples, this course is a great starting point for those new to NFP or looking to deepen their understanding.

**Offered in Spanish

The Marriage Group NFP Introduction – themarriagegroup.com/courses/natural-family-planning

The Marriage Group's *Natural Family Planning: NFP Life®* is a comprehensive, on-demand video course that introduces couples to the science, theology, and practical application of Natural Family Planning. It covers fertility biomarkers, Church teachings, and various NFP methods to help couples plan their families naturally and in harmony with their faith.

**Offered in Spanish

Single Women

Fertility Education Medical Management– femmhealth.org

FEMM Health empowers single women to take charge of their hormonal and reproductive health with clear, science-based tools. It's also a great resource for married or engaged women looking to support fertility, plan for pregnancy, or stay in tune with their wellness.

**Offered in Spanish

Girls

Pearl & Thistle – pearlandthistle.com

Pearl and Thistle provides Catholic-based fertility and cycle education for parents, helping them teach children about their bodies in a faith-aligned, age-appropriate way. Their resources support parents in discussing puberty, cycles, and sexuality with confidence and respect, in line with Catholic teachings.

**Offered in Spanish

Resources for Married Couples

Marriage Enrichment

Programs

Communio – communio.org 

Communio is a nonprofit serving the local church to evangelize through the renewal of healthy relationships, marriages, and the family.

**Offered in Spanish

EverMore in Love – evermoreinlove.org

More laughter. More intimacy. More conversations. More love. EverMore in Love believes that no one should have to settle for anything less, and we're here to get you there.

Annunciation Ministries – annunciationministries.com

Strengthening the vocation of marriage through consultation, training, events and resources for dioceses, parishes, and married couples. Annunciation offers a variety of parish based ministries as well.

Better Together by Dynamic Catholic – dynamiccatholic.com/better-together/marriage-enrichment

Every couple wants to have a great marriage—and Better Together is dedicated to helping couples get there. Whether a couple are newlyweds or have been together for decades, here are some resources to enrich a relationship!

**Offered in Spanish

Be Light: Marriage Enrichment Movement by Witness to Love – witnessstolove.org/be-light

Be Light 5 Year Marriage Enrichment Movement draws married Catholic couples closer together in Christ while being transformed into family missionary disciples within their own communities.

Boundless Love – boundlesslove.us

Boundless Love offers relationship assessments, virtual and in-person workshops creating life-changing marriages.

Cana Feast – canafeast.com

Cana Feast was created to help couples experience the abundant blessings that God has in store for marriage!

The Cana Institute – canainstitute.org

The Cana Institute books, programs and workshops provide the type of care and support needed by married couples, families and single adults living in today's complex society.

ReNEWed by Real Life Catholic – coaching.reallifecatholic.com/renewed

Renewed: 7 Steps to a Joyful Marriage is an online course with 7 video lessons designed to strengthen marriages. It covers topics like gratitude, joy, vulnerability, and building a God-centered relationship, all at a flexible pace and from home.

Catholic Couple Check Up by Prepare/Enrich – catholiccouplecheckup.com

The Couple Checkup is an online assessment tool designed to identify the unique relationship strengths and growth areas of dating, engaged, or married couples.

The Marriage Course – themarriagecourse.org

The Marriage Course and The Pre-Marriage Course act as a bridge between the church and the local community by recognizing the need to go beyond the social, as well as physical, walls of the church to help couples with their relationships.

**Offered in Spanish

Catholic Family & Marriage, Inc (CatholicFAM) – catholicfam.org

Build happier, stronger, more joy-filled marriages using God's blueprint.

The Choice Wine – paradisusdei.org/the-choice-wine

Integrating the latest findings from modern science with the timeless teaching of the faith and the wisdom of the saints, The Choice Wine: 7 Steps to a Superabundant Marriage places authentic marital happiness within every couple's reach.

Couples for Christ – couplesforchristglobal.org

Couples for Christ is a Catholic movement intended for the renewal and strengthening of Christian family life.

Faith and Marriage – faithandmarriage.org

The Faith & Marriage Apostolate of the Willwoods Community is dedicated to promoting the Sacramentality of marriage and providing for married couples opportunities for growth, enrichment, and support.

FOCCUS Marriage Ministries – foccusinc.com

FOCCUS Marriage Ministries is delighted to offer tools to help couples preparing for marriage and married couples who want to enrich their marriage.

**Offered in Spanish

Focus on the Family – focusonthefamily.com/marriage

Focus on the Family is a global Christian ministry dedicated to helping families thrive. They provide help and resources for couples to build healthy marriages that reflect God's design, and for parents to raise their children according to morals and values grounded in biblical principles.

**Offered in Spanish

Marriage Building – marriagebuildingusa.org

Marriage Building engage couples and mobilize parishes by empowering them with a sense of mission that continues to form and support marriages and families long beyond any single event.

**Offered in Spanish

Marriage Disciples – marriedisciples.org

Offering hope and healing for couples as they encounter trials in your marriage.

**Offered in Spanish

Marriage Dynamics Institute – marriedynamics.com

Marriage Dynamics Institute's mission is to provide marriage workshops and courses that build safe environments, promote self-education, and produce extraordinary results.

Marriage Missionaries – marriagemissionaries.org

Marriage Missionaries helps couples to invite Christ Jesus into every aspect of married and family life. The ministry answers questions that can bring greater joy to every day with one another.

Marriage, Unique for a Reason Videos by the USCCB -

marriageuniqueforareason.org/videos

Marriage: Unique for a Reason offers resources to assist with the education and catechesis of Catholics on why marriage is unique and why it should be promoted and protected as the union of one man and one woman.

**Offered in Spanish

Worldwide Marriage Encounter – wwme.org

The mission of Worldwide Marriage Encounter is to proclaim the value of Marriage and Holy Orders in the Church and in the world.

**Offered in Spanish

Teams of Our Lady – teamsofourlady.org

Teams of Our Lady is an international lay movement in the Catholic Church, designed to enrich marriage spirituality and make good marriages better.

**Offered in Spanish

National Marriage Week USA – nationalmarriageweek.org

The purpose of National Marriage Week is to bring people and organizations together with the focus of celebrating marriage intentionally each year from Feb. 7th to Feb. 14th.

Books

10 Great Dates® To Energize Your Marriage by 10 Great Dates –

10greatdates.org/collections/10-great-dates/products/10-great-dates-2016

In the early days of marriage, many couples experience a love so deep it makes their hearts ache, filled with excitement and connection. Over time, those feelings can begin to fade, but that doesn't mean they're gone forever. A deep, soul-satisfying connection can return—and it will. The updated and expanded edition of *10 Great Dates to Energize Your Marriage* offers a proven plan to help couples revive the awe and attraction that once made them inseparable.

Connecting Faith, Love & Marriage by 10 Great Dates –

10greatdates.org/collections/married/products/10-great-dates-connecting-faith-love-marriage-1

Couples can energize their date nights with the help of four marriage experts who have created ten creative date ideas, each centered on a spiritual theme. Designed to jump-start spiritual connection, each date includes flexible suggestions for what to do before, during, and after the outing. With the planning already taken care of, couples can simply focus on enjoying meaningful time together and sharing what matters most in life.

The Second Half of Marriage by 10 Great Dates –10greatdates.org/collections/empty-nest/products/second-half-of-marriage-dvd-curriculum

This small group video resource is designed to facilitate this rediscovery and rebuilding for the empty nest years. For empty nesters and those whose nest may have refilled or never emptied!

Retreats

To Be Known –tobeknown.com

Tools and insights to help couples connect in every stage of their journey.

Together in Holiness by The Saint John Paul II Foundation –

forlifeandfamily.org/together-in-holiness



Together in Holiness is a marriage enrichment initiative that inspires couples to grow together in holiness and empowers and equips parents to form their children in the Catholic faith.

**Offered in Spanish

Unveiled: Discovering the Great Mystery Series by The John Paul II Healing Center

jpiihealingcenter.org/product/unveiled-series

In this dynamic series, participants will experience renewed intimacy with their spouse (or future spouse) and gain tools to strengthen the bonds of unity, resolve conflicts, restore passion, and heal from past hurts.

Natural Family Planning Practitioners

Couple to Couple League –ccli.org

The CCL Mission is to inspire, educate and support couples in family planning that is natural, effective, healthy and consistent with God's plan for life, love and marriage.

Marquette Method of NFP – vitaefertility.com

The Marquette Model is a natural family planning method that uses a fertility monitor to track hormone levels, helping couples identify fertile days. It's a scientific, user-friendly, and faith-based approach developed at Marquette University. Vitae Fertility is an education provider of this model.

*Local Resource

**Offered in Spanish

Creighton Model FertilityCare – creightonmodel.com

Creighton Model is a natural family planning method that tracks cervical mucus patterns to identify fertile and infertile days. It's a standardized, medically-supported system rooted in Catholic values and used for both family planning and women's health. There are several local resources to learn the Creighton Model.

*Local Resource Available

**Offered in Spanish

Fertility Education Medical Management – femmhealth.org

The FEMM Model is a natural family planning and health system that teaches women to chart hormonal and physical signs of fertility. It combines science, education, and support to help women manage both fertility and overall reproductive health. There is one practitioner available in our diocese.

*Local Resource Available

**Offered in Spanish

Billings Ovulation Method – boma-usa.org

The Billings Ovulation Method is a natural family planning approach that relies on observing and charting cervical mucus to identify fertility. It's a simple, effective method grounded in decades of scientific research and respectful of the natural rhythms of a woman's cycle.

*Local Resource Available

**Offered in Spanish

Infertility

Pope Paul VI Institute for the Study of Human Reproduction (NaPro) – saintpaulvi.com

The Saint Paul VI Institute for the Study of Human Reproduction is building a culture of life in women's health care through its major developments — Creighton Model FertilityCare System and NaProTechnology.

*Local Resource Available – Vitae Clinic Austin

**Offered in Spanish

Fertility Education Medical Management – femmhealth.org

FEMM recognizes that ovulation is a sign of health and empowers women to be agents in the management and care of their overall reproductive health and well-being. FEMM has a medical management component to help treat reproductive difficulties.

**Offered in Spanish

Springs in the Desert – springsinthedesert.org

As a Catholic infertility ministry, Springs in the Desert is more than just a ministry; they are a place of respite, solidarity, and encouragement – wherever someone may be on the path of infertility, or in the experience of pregnancy loss.

Catholic Medical Association – cathmed.org

Catholic Medical Association helps members to grow in faith, maintain ethical integrity, and provide excellent health care in accordance with the teachings of the Church.

National Catholic Bioethics Center – ncbcenter.org

The Mission of The National Catholic Bioethics Center is to provide education, guidance, and resources to the Church and society to uphold the dignity of the human person in health care and biomedical research, thereby sharing in the ministry of Jesus Christ and his Church.

Infant and Child Loss

Red Bird Ministry – redbird.love

Red Bird Ministries exist to help parents address the profound healing that needs to happen while also honoring the memory of the child throughout their grief journey.

Behold Your Child – beholdyourchild.com

Behold Your Child is a ministry developed by the Archdiocese of Dubuque to help provide hope and healing for parents and families who have experienced a life-limiting prenatal diagnosis, miscarriage, stillbirth, or infant death (whether recently or years ago).

Catholic Miscarriage Support – catholicmiscarriagesupport.com

Two Catholic couples began this website in the hopes that it would provide immediate, practical support for others who have lost a child to miscarriage.

Project Rachel Ministry – hopeafterabortion.com & esperanzaposaborto.org 

It's normal to grieve a pregnancy loss, including the loss of a child by abortion. It can form a hole in one's heart, a hole so deep that sometimes it seems nothing can fill the emptiness. Information about the Diocese of Austin Project Rachel ministry can be found at www.austindiocese.org/project-rachel

*Local Resource

**Offered in Spanish

Walking with Moms in Need – walkingwithmoms.com

Walking with Moms in Need is a process through which Catholic parishes and communities “walk in the shoes” of local pregnant and parenting women in need.

*Local Resource

**Offered in Spanish

Welcoming New Life

Be Not Afraid – benotafraid.net

BNA is a private non-profit organization supporting parents carrying to term following a prenatal diagnosis.

Heartbeat International, Inc. – heartbeatinternational.org

Heartbeat has over 3,000 affiliated pregnancy help locations including pregnancy help medical clinics (with ultrasound), resource centers, maternity homes, and adoption agencies in more than 80 countries worldwide to provide alternatives to abortion.

Gabriel Project – gabrielproject.org

The Gabriel Project® is a confidential and compassionate outreach to women who are distressed over an unplanned pregnancy.

*Local Resource – Catholic Charities of Central Texas

**Offered in Spanish

Foster/Adoption

Springs of Love – springsoflove.org

The mission of Springs of Love is to encourage, educate and equip Catholics to discern and live out the call to foster and adopt.

Family

Camps

Annunciation Heights – annunciationheights.org

Annunciation Heights knows the family is under attack and are committed to fighting back by building up strong families rooted in faith, that build up strong communities, that build up a strong world.

****Some Offered in Spanish**

Domestic Church Families – domesticchurchfamilies.com

Long-term formation for Sacramentally married couples who want to grow in holiness together.

The Pines – thepines.org/familycamp

The Pines Catholic Camp in Big Sandy, TX, offers summer camp experiences for kids, teens, and families, with a focus on faith, fun, and friendship. The camp provides various retreats, including Family Camp, Father + Son, and Mother + Daughter retreats, as well as leadership and Confirmation retreats. It aims to foster a vibrant Catholic community through prayer, fellowship, and outdoor activities, all while surrounded by the beauty of nature.

Domestic Church

Trinity House Community – trinityhousecommunity.org

Trinity House Community is a Catholic nonprofit ministry that inspires families to make their homes a taste of heaven for the renewal of faith and culture. Through workshops and parish groups, the ministry equips parents with practical tools and community support to live out the faith in daily family life.

****Offered in Spanish**

Mass Impact – massimpact.us

Having encountered Jesus Christ, these Catholic families are committed to living out their faith—not as just another program, but as a way of life. United in purpose, they seek to more fully discover, proclaim, live, and build the Kingdom of God.

Cana Family Institute – canafamilyinstitute.com

Cana Family Institute partners with Catholic parish, school and diocesan leaders to design and implement integrated marriage and family life ministry that engages and transforms the family for Christ and the Church.

CatholicHôM (Households on Mission) – catholichom.com

CatholicHôM is the first-ever digital platform dedicated to helping Catholic families encounter Christ more meaningfully at home and draw closer to each other by living the Liturgy of Domestic Church Life.

Christian Family Movement – cfm.org

Christian Family Movement strives to equip families to intentionally address the concerns facing families in modern society, to help them discover ways to grow in holiness themselves and as families, and, ultimately, to bring the light of Christ into their environments.

The Messy Family Project – messyfamilyproject.org

When it comes to marriage and family, no one does it perfectly. But The Messy Family Project teaches families how to do it better. Life is messy, but messy is the path to holiness.

Strong Catholic Family Faith – catholicfamilyfaith.org

Strong Catholic Family Faith strives to empower and equip Catholic leaders to accompany and form faith-filled Catholic families.

**Offered in Spanish

Teaching the Way of Love – twl4parents.com

Teaching the Way of Love (TWL) is unique among parenting programs available today in that its primary goal is to teach parents how to become the primary educators of their children.

Financial Support

Compass Catholic Ministries – compasscatholic.org

The mission of Compass Catholic Ministries is to inspire individuals and families to unite their faith and finances by providing information and tools, illuminated by the Catholic faith, allowing them to become financially unburdened and able to say “yes” to God’s call.

**Offered in Spanish

WalletWin – walletwin.com

WalletWin is a platform that helps people improve their personal finance through resources like workshops, podcasts, and courses. It offers practical advice on budgeting,

debt reduction, and investing to help users make informed financial decisions and achieve their goals.

****Offered in Spanish**

Entering Motherhood

Navigating Motherhood with Confidence, Surrender, and Joy -

series.emilywilsonministries.com/navigating-motherhood

Navigating Motherhood with Confidence, Surrender, and Joy is a video course by Emily Wilson Hussem that offers faith-based encouragement and practical tools to support women in their journey through early motherhood. It includes 10 videos, journaling prompts, and prayers designed to help moms embrace the challenges and beauty of motherhood with peace and confidence.

Like a Mother – likeamother.osvpodcasts.com

"Like A Mother" is a podcast hosted by award-winning Catholic author, international speaker, and Sirius XM radio host Katie Prejean McGrady. The show features honest conversations with women navigating the joys and challenges of motherhood.

Early Catholic Family Life

Belonging: Baptism in the Family of God – shop.ascensionpress.com/collections/belonging-baptism-in-the-family-of-god

This program seeks to prepare parents to have their children baptized and to win over hearts at this important time in their lives.

****Offered in Spanish**

Families of Character – familiesofcharacter.com

Families of Character offers research-based solutions to the top parenting struggles and practical tools to make parenting easier for every stage, toddler to teen.

Single Parenting

Raised in Faith by Jo Holt – raisedinfaith.com/single-parents

A Book Study for Single Parents to Support and Empower Them in their Vocation.

Disability and Chronic Illness

Shepherd Them All – shepherdthemall.org

Shepherd Them All accompanies and equips educators (parents, teachers, catechists) to create an environment of belonging for individuals with differing abilities.

*Local Resource

Accepting the Gift – acceptingthegift.org

This ministry is led by parents of children with autism, learning disabilities, genetic conditions, physical disabilities, and more. It offers stories, advice, and encouragement to help other parents of children with special needs thrive in their vocation and know they are not alone.

National Catholic Partnership on Disability – ncpd.org

Following the example of Jesus, The National Catholic Partnership on Disability works with dioceses, parishes, ministers, and laity to promote the full and meaningful participation of persons with disabilities in the life of the Church.

**Offered in Spanish

Rising Above Ministries – risingaboveministries.org

The mission of this ministry is to bring the love of God and hope in Christ to special-needs families through support, encouragement, inspiration, and community.

**Offered in Spanish

Widows and Widowers

Beginning Experience– beginningexperience.org

Beginning Experience International Ministry programs and peer ministers serve those grieving the loss of a spousal relationship so they can move forward in life loving God, themselves, and others.

Good Mourning Ministry – goodmourningministry.net

Good Mourning Ministry is a Catholic Bereavement Apostolate serving North America.

Elderly

Catholic Grandparents Association – catholicgrandparentsassociation.org

Catholic Grandparents Associations goal is to help Grandparents pass on the faith and keep prayer in the heart of family life.

Sexuality

Theology of the Body

Family

joyTOB – joytob.org

JoyTOB is the new teaching ministry of Damon Owens dedicated to proclaiming joy of being made in the image and likeness of God, male and female.

Family Honor – familyhonor.org

Family Honor is a non-profit organization that presents parent-teen and parent-only programs on chastity, family communication, and Theology of the Body.

**Offered in Spanish

Family Renewal Project – familyrenewalproject.com

Family Renewal Project was established in 2016 to help “restore the family and renew the culture by educating and forming men and women to understand, embrace, and live authentic love and responsibility.” They strive to connect persons of all ages with the message of Theology of the Body through various programming and events.

Woman in Love Mother Daughter Retreat – paradisusdei.org/woman-in-love

The Woman in Love Mother Daughter Retreat helps deliver God’s remarkable good news about sexuality. Katie Hartfiel leads mothers and daughters (grades 8-12) on this journey that weaves engaging talks with powerful prayer and extraordinary fun to create an experience of a lifetime.

Adult

Catechesis on Human Love – austindiocese.org/catechesis-on-human-love ★

The Diocese of Austin hosts an annual teaching series to offer education in human love and sexuality incorporating St. John Paul II’s Theology of the Body which helps to understand the human person in a way so radically different from the current culture.

*Local Resource

**Offered in Spanish

Cultivating Catholic Feminism – cultivatingcatholicfeminism.com ★

Cultivating Catholic Feminism promotes a Catholic vision of feminism that celebrates the unique gifts of women, opposes male domination, and fosters a culture of love and respect. It offers resources to explore these values.

Teen

Teen STAR (Sexuality Teaching in the Context of Adult Responsibility) – teenstar.org

Teen STAR™ is a developmental curriculum, founded by Hanna Klaus, MD (Sr. Miriam Paul, MMS), that helps adolescents and young adults come to terms with their emerging sexuality and fertility and assist them in making responsible decisions.

**Offered in Spanish

Theology of the Body for Teens Middle School Edition –

ascensionpress.com/collection/theology-of-the-body-for-teens-middle-school-edition

The program gives sixth through eighth graders the answers to their tough questions concerning their bodies, their sexuality, and their future. The program has been designed specifically as a catechetical program to fit perfectly into Catholic schools, youth ministry, CCD, and homeschooling settings.

**Offered in Spanish

You: Life, Love, and the Theology of the Body – shop.ascensionpress.com/collections/you-life-love-and-the-theology-of-the-body

In an age of “selfies” and egocentrism, YOU cut through the noise to present an authentic view of the human person. It presents young people with the extraordinary story of their creation as unrepeatable individuals. But the program doesn’t stop there. YOU. Life, Love, and the Theology of the Body introduces teens to the truth that life is not, in fact, all about them; it is about going out of themselves to be a sincere gift for others.

**Offered in Spanish

Hope Undimmed – paradisusdei.org/hope-undimmed

Hope Undimmed stands as a light in the midst of a sometimes dark and confusing culture, providing an authentic look at the truths underlying God’s plan for human relationships

Children

Ruah Woods Press Theology of the Body Program – ruahwoodspress.com



Ruah Woods Institute offers resources for growing your God-given identity, written in language made for today’s world.

**Offered in Spanish

The Body Matters K-8 by TOBET (Theology of the Body Evangelization Team) – tobet.org/the-body-matters

The Body Matters, based on St. John Paul’s life-affirming Theology of the Body (TOB), is a teaching tool intended to assist primary educators (parents) in forming their children, and to be inserted into already existing curricula at Catholic schools and parish faith formation programs.

**Offered in Spanish

TOB for tots by Theology of the Body Evangelization Team – tobet.org/product/everybody-has-a-body

Everybody Has a Body: God Made Boys and Girls discusses the similarities and differences between male and female bodies.

Chastity

Pornography Prevention

Defend Young Minds – defendyoungminds.com

Defend Young Minds™ encourages and equips parents and professionals with tools to raise empowered, resilient and screen-smart kids who know how to reject pornography.

**Offered in Spanish

Covenant Eyes – covenanteyes.com

Covenant Eyes is designed to help everyone live free from pornography.

**Offered in Spanish

Programs

Chastity Project – chastity.com 

Through speaking engagements, books, podcasts and videos, Jason and Crystalina Evert's powerful message about love as God intended it to be has made a difference in the lives of millions of people around the world.

**Offered in Spanish

The Angelic Warfare Confraternity – angelicwarfareconfraternity.org

The Angelic Warfare Confraternity is a fellowship of men and women bound to one another in love and prayer, dedicated to pursuing chastity under the patronage of Saint Thomas Aquinas and the Blessed Virgin Mary.

CanaVox – canavox.com

CanaVox is a cheerful marriage movement that offers reading groups to friends who support the historic understanding of marriage.

**Offered in Spanish

The Culture Project – thecultureproject.org 

The Culture Project is a team of young people from across the country who have experienced similar challenges and understand what it's like. They envision a future where everyone lives freely and enjoys their healthiest life.

Freedom to Love by Christopher West – shop.ascensionpress.com/collections/freedom-to-love

Freedom to Love is a powerful five-part study for young adults on college campuses and in parish young adult ministries. The concepts presented in this study will dramatically impact your view of oneself, love, and relationships.

Resources for Healing

Stephen Ministries – stephenministries.org

Stephen Ministry offers a proven and effective way to organize, equip, and supervise a team of congregation members—called Stephen Ministers—to provide high-quality, one-to-one, Christ-centered care to people in the congregation and the community experiencing life difficulties.

**Offered in Spanish

Divorce

The Beginning Experience – beginningexperience.org

The purpose of the Beginning Experience ministry is to facilitate the grief resolution process for separated, divorced and widowed persons, and children of these losses, thereby enabling them to again love themselves, others and God.

Catholic Divorce Ministry – nacsdc.org

Catholic Divorce Ministry is the ministry of the North American Conference of Separated and Divorced Catholics, Inc., working since 1974 to create a network of support for families experiencing separation and divorce.

Divorced Catholic – divorcedcatholic.com

Divorce is a detour, not a dead-end. Divorced Catholic is here to help get life back on track after divorce.

Abounding Joy Ministry - <https://www.aboundingjoyministry.com/>

Comprehensive Support and Practical Solutions for Marital Healing and Divorce Guidance and Healing, whether before, during, or after Divorce: Personal Coaching, Family Tools, Support Groups, and more, to guide, support, and heal your relationship and heart.

Children of Divorce

Restored Ministry – restoredministry.org

Resources to heal from the trauma of a parents' divorce or separation to help break the cycle.

Life-Giving Wounds – lifegivingwounds.org 

The mission of Life Giving Wounds is to help young adults and adults with divorced and separated parents give voice to their pain and find deep spiritual healing.

Faith Journeys Foundation – faithjourneys.org

Faith Journeys' Calm the Storm program is a Catholic-based, small group intervention that facilitates children's healing and growth after parental divorce or separation while empowering parents, so children's gains may be maximized.

Abuse

Catholics for Family Peace – catholicsforfamilypeace.org

Catholics for Family Peace is an initiative that provides education, resources, and research that help pastoral leaders, clergy, and parishioners recognize domestic abuse and respond with compassion.

****Some Resources Offered in Spanish**

Hope's Garden – hopesgarden.com

Hope's Garden is a ministry that provides support and healing for women, especially those recovering from betrayal trauma and domestic abuse, through faith-centered resources and coaching. It offers a safe, prayerful community for women to connect, heal, and grow spiritually.

Pornography

Bloom (for women healing from husband's pornography addiction) –

bloomforcatholicwomen.com

Bloom for Catholic Women offers therapeutic and Catholic-based online courses for women healing from the trauma of discovering their husband's sexual and/or pornography addiction.

Magdala – magdalaministries.org

Magdala exists as a space where women can find hope, healing, and freedom alongside each other from sexual addiction. Our goal is to supply women with support, community, and accountability.

Strive 21 – strive21.com

Join Matt Fradd and a community of brothers in discovering the keys to living porn-free with the STRIVE: 21-Day Porn Detox.

****Offered in Spanish**

Covenant Eyes – covenanteyes.com 

Covenant Eyes is designed to help everyone live free from pornography.

****Offered in Spanish**

Connected: Recovery from Pornography by CatholicCounselors.com – catholiccounselors.com/services/connected

CatholicCounselors.com is proud to offer CONNECTED: Recovery from Pornography an internet based group counseling experience designed to help men recover from the obsessional use of pornography and the damage it does to the mind, body, soul, and relationships.

Reconnected by CatholicCounselors.com – catholiccounselors.com/services/reconnected

Reconnected is a program to help people who feel betrayed because of their spouses porn usage to identify that they are not the cause of this behavior and to assist them to reconnect (reconcile) with their partners.

Freedom Coaching – freedom-coaching.net

Don't just quit. Be transformed. Break the attraction to pornography & unchaste behavior.

****Offered in Spanish**

Integrity Restored – integrityrestored.com

Online sessions are available to help individuals and their loved ones understand and combat the scourge of pornography from the ground up.

Reclaim Sexual Health – reclaimsexualhealth.com

Recovery from pornography, masturbation, or other compulsive sexual behavior is within reach with our 100% online recovery program. Anonymous, Catholic, science-based...Anyone can overcome!

The Following are non-Catholic Christian Resources:

Be Broken Ministries – 2.bebroken.com

Helping Individuals and Families move from sexual brokenness to wholeness in Christ.

Beggar's Daughter – beggarsdaughter.com

Resources for a woman who struggles with pornography and/or other unwanted sexual behaviors.

Bethesda Workshops – bethesdaworkshops.org

Bethesda Workshops offers a place of healing for individuals impacted by pornography and other forms of sexual addiction. They provide Christian-based, short-term clinical workshops for male and female sex addicts, partners of addicts, couples affected by sexual addiction, as well as adolescents and their parents.

Proven Men Ministries – provenmen.org

Whether an individual is currently struggling with pornography or is passionate about helping others find freedom, the Proven Men study offers a valuable resource. It fosters healing, promotes personal growth, and supports a continued path toward lasting freedom.

Pure Life Ministries – purelifeministries.org

Pure Life Ministries has been a pioneer in dealing with sexual addiction and its consequences for over 35 years. During that span of time thousands of people have found freedom through our counseling programs and teaching materials.

Mental Health

The Catholic Psych Institute (marital therapy) – catholicpsych.com

Creating a new standard for mental health and wellness in the Catholic Church by providing services and resources based on the integration of faithful Catholic anthropology with sound psychological science to help people become who God created them to be.

**Offered in Spanish

Catholic Psychotherapy Association – catholicpsychotherapy.org

We are an interdisciplinary group of more than 700 clinical, academic, clergy, religious, student & affiliate members, and Friends of the CPA with a common interest in promoting the integration of evidence based mental health practice with the Catholic anthropology of the human person.

Catholic Counselors (tele-counseling services) – catholiccounselors.com

Whether the goal is to build a more intimate and godly marriage, celebrate a more faithful and fulfilling family life, or discover a path to a more grace-filled personal life, the Catholic counselors at the Pastoral Solutions Institute are equipped to strengthen and support individuals on their spiritual and emotional journey.

Faithfull Therapy – <https://faithfultherapytx.com/>

Compassionate Care, Rooted in Faith. Faith-based therapy designed to support emotional healing and spiritual renewal, all from the comfort of home.

Crisis in Marriage

Restore by Catholic Marriage Resource – restorecatholicmarriage.com

Restore offers an ever-expanding library of programs and services designed to meet couples where they are.

Retrouvaille – helpourmarriage.org

Retrouvaille is a lifeline for marriages...a program to help couples heal and renew their hurting marriages.

**Offered in Spanish

The Third Option – thethirdoption.com

The Third Option International is a non-profit organization offering an award winning on-going skills based program to help couples build better marriages.

Same-Sex Attraction

Courage – austindiocese.org/courage-and-encourage

A Roman Catholic apostolate for men and women who experience same-sex attractions and those who love them.

*Local Resource

**Offered in Spanish

Encourage – austindiocese.org/courage-and-encourage

EnCourage is a ministry within Courage dedicated to the spiritual needs of parents, siblings, children, and other relatives and friends of persons who have same-sex attractions.

*Local Resource

**Offered in Spanish

Eden Invitation – edeninvitation.com



Original personhood beyond the LGBT+ paradigm.

Truth & Love – truthandlove.com

A Catholic resource for anyone seeking the tools to accompany our brothers and sisters who experience same-sex attraction.

Addiction

The Calix Society – calixsociety.org

Calix is an association of Catholic alcoholics, drug addicts, and family members and friends affected by addiction, who are maintaining their sobriety through participation in their Catholic faith and a 12 Step program.

****Offered in Spanish**

Catholic in Recovery – catholicinrecovery.com

Catholic in Recovery is a nonprofit organization that seeks to serve those suffering from addictions and unhealthy attachments (including alcoholism, drug addiction, pornography addiction, sex and relationship addiction, compulsive overeating and food addictions, gambling addiction, codependency and the impact on family, and general fear, control, and anxiety).

Discipleship

Men

Exodus 90 – exodus90.com

Exodus 90 is a ninety-day Catholic program for men. It's an introduction to a different kind of life: a life of responsibility, meaning, and true freedom.

****Offered in Spanish**

Catholic Men's Leadership Alliance– catholicmenleaders.org

Catholic Men's Leadership Alliance helps men live out their Catholic faith with integrity, servant leadership and boldness in their marriages, families, parishes and local communities.

****Some Resources Offered in Spanish**

The Narrow Road by Just a Guy in the Pew – justaguyinthepew.com/narrow-road/

A proven plan to create a lasting men's ministry. Learn John Edwards' proven method of building a brotherhood of Catholic men who aspire to virtue.

RISE by Real Life Catholic – reallifecatholic.com/rise

RISE is a 30-day challenge for men who desire greater peace, balance, and fulfillment in their lives.

That Man is You – paradisusdei.org/that-man-is-you

That Man is You! honestly addresses the pressures and temptations that men face in our modern culture, especially those relating to their roles as husbands and fathers. The program harmonizes current social and medical science with the teachings of the Church and the wisdom of the saints to develop the vision of man fully alive!

**Offered in Spanish

The King's Men – thekingsmen.org

The King's Men is a Roman Catholic lay apostolate faithfully executing on its mission to help men across the country and around the world be better husbands, fathers and leaders.

Fraternus – fraternus.net

Fraternus is a Catholic brotherhood for all ages. For over a decade Fraternus has been recovering the lost art of mentoring, harnessing the power of brotherly men and fathers, and teaching the virtues rooted in Christ as the path to authentic manliness.

Heroic Men – heroicmen.org

Heroic Men® follows Jesus's footsteps through our modern wilderness. We curate and stream the best content to engage, educate, and equip men for mission.

**Offered in Spanish

Into the Breach by Knights of Columbus – kofc.org/en/campaigns/into-the-breach

Inspired by the Apostolic Exhortation for Catholic men written by Bishop Olmsted of Phoenix, the Knights of Columbus produced a video series which seeks to answer the question of what it means to be a man and how to live as a man in today's world.

**Offered in Spanish

The Fathers of St. Joseph – fathersofstjoseph.org

The Fathers of St. Joseph show men their ultimate purpose, the plan to achieve it, and the power God gives by living it.

Man of the Household – life-craft.org

More than a blog, LifeCraft is a community project about discovering and applying natural wisdom in today's challenging context with special attention to issues relating to household, friendship, work, and stewardship.

The Men of St. Joseph – menofstjoseph.com

The Men of St. Joseph is an association of Christian men, united under the Catholic Church, who meet weekly to pray together and encourage each other to be the spiritual leaders of their families.

Men of Christ – menofchrist.net

An annual conference for every man who is looking to increase his faith and lead his family to heaven.

Wilderness Outreach – wildernessoutreach.net

Join us and discover that you do have the heart and DNA for the grit and challenge of manhood. Become a Wilderness Outreach Brother.

Women

Blessed is She – blessedisshenet.net

Blessed is She is a sisterhood of women who want to grow in their relationship with Jesus Christ through their Catholic faith.

**Offered in Spanish

Walking with Purpose – walkingwithpurpose.com

At Walking with Purpose, we develop and deliver Bible studies to reach adult women, young adult women, and girls.

Endow Groups – endowgroups.org

Endow calls women together to study the important documents of the Catholic Church. Through Endow groups, women encounter their identity as daughters of God, enabling them to grow in their faith and ultimately discover their mission in life.

**Offered in Spanish

Heart of Mary Women's Fellowship – heartofmarywf.com

As the Immaculate Heart of Mary was pierced by the word incarnate, Heart of Mary strives to help others grow closer to the Lord by allowing their heart to be pierced by the Word of God through prayer, devotion and the sharing of the faith of the Roman Catholic Church.

Magis Women – magiswomen.com

Magis Women offers programs designed to guide women in creating their own path toward God's purpose for their lives—a journey that promises hope, grace, and spiritual adventure.

****Offered in Spanish**

WINE (Women in the New Evangelization) – catholicvineyard.com

WINE is a creative and inspired ministry to invigorate women's groups and parishes through encouraging, supporting, and nurturing women in the Catholic faith and by equipping and mobilizing women as intentional disciples of Christ.

Austin Diocesan Council of Catholic Women (ADCCW) – austindccw.org

The Diocesan Council of Catholic Women acts through its members to support, empower and educate all Catholic women in spirituality, leadership and service. ADCCW programs respond with Gospel values to the needs of the Church and society in the modern world.

Abiding Together – abidingtogetherpodcast.com

Abiding Together provides a place of connection, rest and encouragement for people who are on the journey of living out their passion and purpose in Jesus Christ.

Men and Women

Calling All Disciples – callingalldisciples.org

At its core, Calling All Disciples is a ministry dedicated to guiding individuals toward a deeper, more intimate relationship with Jesus Christ. Through its resources, the ministry offers a simple yet effective pathway for men and women to become confident discipleship coaches who in turn disciple others. Calling All Disciples exists to share the hope of the Gospel, multiply disciples, and support churches and ministries with disciple-making resources, training, and ongoing support.

Teen

The Columbian Squires by the Knights of Columbus- kofc.org/un/en/forms/squires_inquiry2935_p.pdf

The Squires program is designed to develop young men as leaders who understand their Catholic religion, who have a strong commitment to the Church and who are ready, willing and capable of patterning their lives after the Youth Christ.

Fidelis – fidelisonline.org

Fidelis forms girls — heart, mind, body, and soul — into a sisterhood of mature, virtuous disciples of Christ through the witness of Catholic women.

Lifeteen – lifeteen.com

The Life Teen movement consists of resources that provide solid Catholic teaching and youth ministry experiences for youth in middle school through high school so leaders can spend less time at your desk and more time ministering to teens.

Net Ministries – netusa.org

We challenge young Catholics, through relational ministry, to follow Christ and embrace a life of community in the Church.

**Offered in Spanish

Strong Catholic Families – nfcym.org/strongcatholicfamilies

Strong Catholic Families helps church leaders envision how the Catholic Church can more effectively partner with parents to help bring home the faith.

**Offered in Spanish

Damascus – damascus.net

Damascus is reversing the trends by awakening, empowering, and equipping a generation to live the adventure of the Catholic faith so that they may transform the world.

Camp Wojtyla – camp-w.com

Camp Wojtyla is a Catholic adventure camp in Colorado that helps young people grow in their faith through outdoor activities and community building. The camp offers an immersive experience where kids and teens can explore nature, deepen their relationship with God, and develop a stronger Catholic identity.