

## SERMONS

*Finding Hope*

by Blake Jennings

[grace-bible.org/resources/sermon/159/](https://grace-bible.org/resources/sermon/159/)

## COMMUNITY CONVERSATIONS PANEL

Christine Hoover, MA, LPC

[christinehoover.org](https://christinehoover.org)

Dr. Erik Salwen

[cschristiancounseling.com/resources](https://cschristiancounseling.com/resources)

Dr. Marlene Hsi

[marlenehsi.com](https://marlenehsi.com)

## BOOKS

*The Anxiety & Phobia Workbook*

by Edmund Bourne

*Walking on Water When You Feel Like You're Drowning: Finding Hope in Life's Darkest Moments*

by Tommy Nelson & Steve Leavitt

*The Anxious Christian*

by Rhett Smith

*Emotionally Healthy Spirituality*

by Pete Scazzero

*The Anxiety Cure: A Proven Method for Dealing with Worry, Stress and Panic Attacks*

by Dr. Archibald Hart

*The Feeling Good Handbook*

by David D. Burns, MD

## APPS

Headspace: Meditation and Sleep

MindShift CBT

Stop, Breathe, and Think

Calm

## EMERGENCIES

Suicide Hotline: 1-800-273-8255

Call 911 or go to your nearest hospital