### RESOURCES to study THEOLOGY OF THE BODY

TOB-focused MATERIALS can be found at:
- AscensionPress.com
- TheologyoftheBody.net
- Pauline.org
- OneMoreSoul.com
- TOBET.org (PA)
- CORproject.com (Christopher West, PA)
- JanetESmith.com (MI)
- ChastityProject.com (Jason Evert, etc.)
- TaborLife.org (Fr. Thomas Loya, IL)
- IDretreats.org (Jen Messing, MN)
- DumbOxMinistries.com/initiatives (Brian Butler, LA)
- TOBET.org (Monica Ashour, TX)
- KatrinaZeno.com (AZ)
- FamilyHonor.org (SC)
- Vicky Thorn, *The Biology of the Theology of the Body* (WI)
- RuahWoods.org (OH)

### SPEAKERS & EDUCATORS

**TOB-focused MATERIALS can be found at:** AscensionPress.com | TheologyoftheBody.net | Pauline.org | OneMoreSoul.com

- **TOBinstitute.org** (PA): Head & Heart Immersion courses are fully classroom/fully retreat experiences.
- **IDretreats.org** (MN): Jen Messing leads TOB camping retreats for several age groups in state & national parks.
- **DumbOxMinistries.com/initiatives** (LA): Brian Butler & crew lead ECHO camps that teach young adults about TOB so they can pass it on to the high school participants.
- **TOBET.org** (TX): Monica Ashour certifies speakers and trains high school students to teach TOB to their peers.
- **FamilyHonor.org** (SC): SPICE (whole person) parent-child programs help teach parents how to talk to their children about real love, body changes and fertility appreciation.
- **RoseSweet.com/retreats** (CA): retreats for the separated and divorced.
- **RachelsVineyard.org** (International): retreats to heal from abortion.

**Spanish Presenters**
- **Evan Lemoine**: AmaralMaximo.com (Mexico)
- **Jake Samour**: CatholicDioceseofWichita.org (KS)
- **Patrick Reidy**: TheologyoftheBody.net (CA)
- **Dr. Carlos Gomez**, bilingual psychologist: HumanFormation.com (FL)

**Note**: States listed indicate the “home base” of the person or organization.

### RETREATS

- TOBinstitute.org (PA)
- IDretreats.org (MN): Jen Messing leads TOB camping retreats for several age groups in state & national parks.
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**PacemInTerris.org**: retreat center with private hermitages in MN where one can simply BE with the Lord.
### PROGRAMS + CURRICULUMS

- **Image of God** K-12 Textbook Series, 2nd Edition: [Ignatius.com](http://Ignatius.com)
- **PurelyYou.org** teaches parents how to talk to children about body changes + sexuality with TOB language.
- **FamilyHonor.org** : SPIE program + comprehensive online course on how to teach youth about sexuality (human development, history of sex education, Theology of the Body, etc.)
- **SexRespect.com** : Catholic concepts within a public school abstinence program (also [Respect4u.com](http://Respect4u.com) : parent-child program)
- **TOB4Teens.com** : Middle School + High School editions (8-12 part video & workbook sets)
- **GetFullyEngaged.com** : Marriage prep inventory that also catechizes, by Jim & Maureen Otremba
- **Living a Joy Filled Marriage**: excellent 6 part series to think through the real meaning of love and Marriage + Life Skills MAP/workbook option ([AscensionPress.com](http://AscensionPress.com), one version is by Christopher West & one is by Damon Owens)
- **The Gift Series**: gain the whole picture by working through the 8 & 16 part series by Christopher West ([AscensionPress.com](http://AscensionPress.com))
- **EndowGroups.org** : study groups for women on true femininity / the “feminine genius”
- **TOBInstitute.org**: Theology of the Body certification program (each 5-day course is also fully a retreat)

### SERVICES

#### COUNSELING/THERAPY
- CatholicTherapists.com
- CatholicCounselors.com (Dr. Greg Popcak, etc.)
- JPiileHealingCenter.org/our-services (Dr. Bob Schuchts, FL)
- DocPeter.com (Dr. Peter Damgaard-Hansen, Denmark/MN)
- SaintMichael.net (Dr. Phil Mango, mental health, NY)
- ConradBaars.com (Suzanne Baars, TX)
- CatholicPsych.com (Dr. Gregory Bottaro, NY/CT)
- ImagoDeiCounseling.com (Dan Spadaro, CO)
- Intuitus-Group.com (Christopher Sperling, Christopher Lafitte, TX)

#### DIVORCE / ANNULMENT
CatholicsDivorce.com (Rose Sweet, CA)

#### SAME-SEX ATTRACTION
CourageRC.net (and EnCourage for their families)

#### PORNO & Related Habits
- TheAlexanderHouse.org (porn within marriage)
- ReclaimSexualHealth.com incorporate brain science & faith into breaking habits
- FortifyProgram.org

#### NATIONAL CATHOLIC BIOETHICS CENTER
NCBCenter.org - defends human dignity in health care & life sciences

#### FERTILITY CARE / NFP (Natural Family Planning)
- OneMoreSoul.com - ‘NFP-only’ Doctor directory
- PopePaulvi.com (NE) - they treat infertility issues & study medical alternatives to using contraceptives as medicine (there are NO conditions that need turn to chemical contraceptives for treatment).
- FertilityCare.org - Creighton Model, NaPro Technology (mucus/ovulation method)
- Billings.life - Billings Ovulation Method (mucus)
- FamilyPlanning.net - Family of the Americas (mucus)
- CCLI.org - Couple to Couple League (sympto-thermal)
- SymptPro.org - NW Family Services (sympto-thermal)
- NFP.Marquette.edu/NFP - the Marquette Model (sympto-thermal + hormonal fertility monitoring)

#### PRO-WOMAN / PREGNANCY CARE
- theGuidingStarProject.org : the vision of collecting natural, TOB-based women’s services under one roof!
- AAALFAclinic.org : model pro-life/NFP-only health care clinic in White Bear Lake, MN
- TLCoptions.org : pregnancy resource center network (32 locations in MN & WI) that incorporates TOB into their staff/volunteer training & will not advocate for contraceptive use.
- CradleOfHope.org : financial assistance for pregnant women & mothers with infants less than 3 months old.