

Resource Library for Divorce Support

The following resources have been compiled and shared as a community service for the benefit of persons going through divorce. They are believed to be reliable sources of information and/or services. No specific endorsements are made or implied.

One Heart Two Homes, 10-week DVD curriculum that provides positive co-parenting strategies. More information at www.coparentinginternational.com

Nashville Child & Family Wellness Center: providing support during and post-divorce through a broad range of therapies for children, teens and adults, in individual and family therapy. 615-238-9100 or www.nashvillefamilywellness.com

Middle Tennessee Support Groups

Brentwood United Methodist Church – Divorce Recovery Class, 309 Franklin Rd, Brentwood, TN 37027 615-324-7240

Divorce Care – Check with each Sponsor for next scheduled sessions.

Sponsor	Location	Phone
AGAPE (Church of Christ)	3710 Franklin Road Nashville, TN	615-781-3000
Belle Aire Baptist Church	1307 N. Rutherford Blvd Murfreesboro, TN	615-890-6977
Brentwood Baptist Church	7777 Concord Rd. Brentwood, TN	615-324-6100
Christ Church	15354 Old Hickory Blvd. Nashville, TN	615-834-6171 ext 155
Church at Grace Park	506 Hester Drive White House, TN	615-672-3752
Church of St. Matthew	535 Sneed Road West Franklin, TN	615-646-0378
College Hills Church of Christ	1401 Leeville Pike Lebanon, TN	615-444-9502
Cross Point Community Church	200 11th Avenue North, #101 Nashville, TN	615-554-9453
Dickson First Assembly	3525 Highway 70 West Dickson, TN	615-375-1327
Faith Outreach Church	731 Windemere Drive Clarksville, TN	931-358-3010
Fellowship Bible Church	1210 Franklin Road Brentwood, TN	615-777-8500

First Baptist Church	106 Bluegrass-Commons Blvd. Hendersonville, TN	615-824-6154
First Presbyterian Church	4815 Franklin Road Nashville, TN	615-383-1815
First United Methodist Church	265 West Thompson Lane Murfreesboro, TN	615-893-1322
Forest Hills Baptist Church	2101 Old Hickory Blvd. Nashville, TN	615-373-8074
Grace Baptist Church	2523 Bradyville Pike Murfreesboro, TN	615-890-2600
Green Hill Baptist Church	13251 Lebanon Rd Mount Juliet, TN	615-758-7238
Hermitage Hills Baptist Church	3475 Lebanon Rd Hermitage, TN	615-883-5034
Hilldale Baptist Church	2001 Madison Street Clarksville, TN	931-648-8031
Lake Providence Missionary Baptist Church	5891 Nolensville Pike Nashville, TN	615-833-5539
LifePoint Church	506 Legacy Drive Smyrna, TN	615-459-3311
Long Hollow Baptist Church	3031 Long Hollow Pike Hendersonville, TN	615-824-4006
New Hope Baptist Church	6010 South New Hope Road Hermitage, TN	615-883-6709
Old Union Church of Christ	2505 Hwy.25 Castalian Springs, TN	615-451-3002
Our Lady of the Lake	1729 Stop 30 Road Hendersonville, TN	615-824-3276
Our Savior Lutheran Church	5110 Franklin Road Nashville, TN	615-833-1500
Rolling Hills Community Church	1810 Columbia Ave Suite 100 Franklin, TN	615-861-3663
St. John Lutheran Church	2300 Highway 96 Burns, TN	615-446-2332
The Grove Church	2122 Tom Austin Hwy Greenbrier, TN	615-382-1522
The People's Church	828 Murfreesboro Rd. Franklin, TN	615-794-2812
The Temple Church	3810 Kings Lane Nashville, TN	615-876-4084

West End Church of Christ	3534 West End Avenue Nashville, TN	615-383-7450
West Seventh Street Church	405 West 7th Street Columbia, TN	931-388-6514
Woodmont Baptist Church	2100 Woodmont Boulevard Nashville, TN	615-297-5303
Woodmont Christian Church	3601 Hillsboro Road Nashville, TN	615-297-8563

Websites

Divorce Net

www.divorcenet.com

Divorce Dex

www.divorcedex.com

Legal Divorce Definitions

www.definitions.uslegal.com

Divorce Headquarters

www.divorcehq.com

Institute for Divorce Financial Analysts

www.institutedfa.com

Social Security

www.socialsecurity.gov

Divorce 360

www.divorce360.com

Divorce Magazine

www.divorcemag.com

Association of Divorce Financial Planners

www.divorceandfinance.org

Collaborative Divorce

International Academy of Collaborative Professionals

www.collaborativepractice.com

Miles Mason Family Law Group

www.memphisdivorce.com

About.com Divorce Support
www.divorcesupport.about.com

Books for Adults

101 Things Not To Do In a Divorce: Common Sense for an All Too Common Situation, Amy J. Hutchinson

A Judge's Guide to Divorce, Hon. Roderic Duncan

ABCs of Divorce for Women, Ginita Wall, CFP, CPA, CDS and Carol Ann Wilson, CFP, CDS

After the Affair: Healing the Pain and Rebuilding Trust When a Partner Has Been Unfaithful, Janis Spring

Boundaries, Dr. Henry Cloud & Dr. John Townsend

Calling It Quits, Late-Life Divorce and Starting Over, Deidre Bair

Contemplating Divorce: A Step-by-Step Guide to Deciding Whether to Stay or Go, Susan Gadoua

Crazy Time, Surviving Divorce and Building a New Life, Abigail Trafford

Dating After Divorce: The Ultimate Guide for Divorce Recovery and Dating After Divorce, Lauren Leitman

Divorce After 50, Janice Green

Divorce and Money, Matthew J. Perry and Violet Woodhouse, CFP

Divorce and Money, Everything You Need to Know, Gayle Rosenwald Smith J.D.

Divorce Dollars: Get Your Fair Share, Akeela Davis, CFP, RFP, PRP, FDS

Divorce: Overcome the Overwhelm, Randall R. Cooper

Divorce Poison New and Updated Edition: How to Protect Your Family from Bad-Mouthing and Brainwashing, Dr. Richard A. Warshak

Divorce Rules for Men, Martin M. Shenkman, JD and Michael J. Hamilton

Divorce: Think Financially, Not Emotionally: What Women Need to Know About Securing Their Financial Future Before, During, and After Divorce, Jeffrey A. Landers

Divorce Without Court, Katherine Stoner, Attorney and Mediator

Fair Share Divorce for Women, Kathleen Miller, CFP, MBA, CDFA

Financial Custody, You, Your Money and Divorce, Joan Coullahan, CDP, CDP, and Sue van der Linden, CFP

For Better or for Worse: Divorce Reconsidered, E. Mavis Heatherington & John Kelly

Getting Past Your Breakup: How to Turn a Devastating Loss into the Best Thing That Ever Happened to You, Susan Elliott

Getting Up, Getting Over, Getting On: a Twelve Step Guide to Divorce Recovery, Micki Wade and Brook Noel

Growing Through Divorce, Jim Smoke

He's History, You're Not: Surviving Divorce After 40, Erica Manfred

Leaving Him Behind: Cutting the Cord and Breaking Free After the Marriage Ends, Sandra S Kahn

Necessary Endings, Dr. Henry Cloud

Nolo's Essential Guide to Divorce, Emily Doskow, Attorney

Nolo's Essential Guide to Child Custody and Support, Emily Doskow, Attorney

Rebuilding: When Your Relationship Ends, Dr. Bruce Fisher and Dr. Robert Alberti

Overcoming Betrayal: How to Move Forward After Infidelity, Melissa Christo

Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder, Bill Eddy, Randi Kreger

Surviving Divorce, J. D. Lengacher

The Complete Guide to Protecting Your Financial Security When Getting a Divorce, Alan Feigenbaum, CFP and Heather Linton, CPA, CFP, CVA, CDFA

The Complete Divorce Recovery Handbook, John PI Splinter

The Divorce Recovery Journal, Linda C. Senn and Mary Stuart

The Financial Guide to Divorce Settlement, Carol Ann Wilson, CFP, FDS

The Good Divorce, Constance Ahrons, PhD

The Good Divorce: How to Walk Away Financially Sound and Emotionally Healthy, Raoul Felder and Barbara Victor

The Good Karma Divorce, Judge Michele Lowrance

The Journey from Abandonment to Healing: Turn the End of a Relationship into the Beginning of a New Life, Susan Anderson

The Language of Letting Go: Daily Meditations for Codependents, Melody Beattie

The Survival Manual for Men in Divorce, Edwin Schilling III, Attorney and Carol Ann Wilson, CFP, FDS

The Survival Manual for Women in Divorce, Edwin Schilling III, Attorney and Carol Ann Wilson, CFP, FDS

The Tennessee Divorce Client's Handbook, Miles Mason, Attorney

Too Good to Leave, Too Bad to Stay: A Step-by-Step Guide to Help You Decide Whether to Stay or Get Out of a Relationship, Mira Kirshenbaum

Transitions: Making Sense of Life's Changes, Revised 25th Anniversary Edition, William Bridges

When Things Fall Apart: Heart Advice for Difficult Times, Pema Chödrön

Your Divorce, Your Dollars, Akeela Davis, CFP, RFP, PRP, CDS

Books for Adults about Children

Co-Parenting With a Toxic Ex: What to Do When Your Ex-Spouse Tries to Turn the Kids Against You, Amy J. L. Baker, PhD, Paul R. Fine, LCSW

Co-Parenting Works! Helping Your Children Thrive After Divorce, Tammy Daughtry

Helping Your Kids Cope with Divorce the Sandcastles Way, M. Gary Neuman, Patricia Romanowski

Mom's House, Dad's House for Kids: Feeling at Home in One Home or Two, Isolina Ricci, Ph.D

Not a Statistic: Parenting in a Broken World, Kim Sorgius

Putting Children First: Proven Parenting Strategies for Helping Children Thrive Through Divorce, JoAnne Pedro-Carroll

ScreamFree Parenting, Hal Edward Runkel, LMFT

The Switching Hour: Kids of Divorce Say Good-Bye Again, Evon Flesberg

Vicki Lansky's Divorce Book for Parents, Vickie Lansky

Books for Children

Under Age 5

A Bucket Full of Love, H. C. Wingert

Caillou: A New Family, Christine L'Heureux

Caillou: Aunt Ana's Divorce, Christine L'Heureux

It's Not Your Fault Koko Bear, Vickie Lansky

No Matter Who We're With, Robert Vescio

Two Homes, Claire Masurel

Where Is Daddy? The Story of a Divorce, Beth Goff

Ages 6-8

I am Divorced, But I'm Still Me, Amie Greenberg and Barbara Greenberg

How Do I Feel About: My Parents' Divorce, Julia Cole

My Two Homes, Susan Magsamen

We're Getting Divorced, Kenneth Mosley

Ages 9-12

A Smart Girl's Guide to Her Parents' Divorce, Holyoke, American Girl

Case of the Scary Divorce, Carl E. Pickhardt

Divorce: Good Answers to Tough Questions, Joy Wilt Berry

Divorce is Not the End of the World, Zoe Stern

Preteen Pressures & Divorce, Debra Goldentyer

My Parents Are Divorced, Too, Melanie, Annie and Steven Ford as told to Jan Blackstone-Ford

The Dinosaurs Divorce, Laurene and Marc Brown

The Divorce Workbook, A Guide for Kids and Families, Ives, Fassler, and Lash

Why are We Getting a Divorce? Peter Mayle

Ages 13+

Divorce: Young People Caught in the Middle, Beth Levine

Help! A Girl's Guide to Divorce and Stepfamilies, American Girl Library

How it Feels When Parents Divorce, Jill Krementz

How to Survive Your Parents' Divorce: Kids' Advice to Kids, Gayle Kimball

It's Not the End of the World, Judy Blume

Parental Divorce, Debra Goldentyer

Straight Talk About Divorce, Kay Marie Porterfield

The Divorce Helpbook for Teens, Cynthia MacGregor