

\*For Help with addiction or compulsive behavior with pornography

-<https://integrityrestored.com/>

-<https://www.reclaimsexualhealth.com/>

-<https://www.strive21.com/>

-11 Steps to Quit Viewing Pornography <https://catholic-link.org/11-steps-to-quit-viewing-pornography/>

\*For help in talking to your children about pornography and living a life of strong sexual health

<https://chastity.com/>

<https://lifeteen.com/>

\*For help in protecting your family from the dangers of the internet

-Covenant Eyes: an accountability software program that keeps you informed on what your loved one is doing on the internet. <https://www.covenanteyes.com>

-USCCB: Raising Chaste Children in a Pornographic World: <https://www.usccb.org/issues-and-action/human-life-and-dignity/pornography/raising-chaste-children-in-a-pornographic-world>

\*For a better understanding on what The Church teaches

-Matt Fradd on Create in Me a Clean Heart: [https://www.youtube.com/watch?v=3vckjb0GI\\_s](https://www.youtube.com/watch?v=3vckjb0GI_s)

-St. Pope John Paul II The Great Encyclical: The Truth and Meaning of Human Sexuality, A Readers Guide: <https://www.ewtn.com/catholicism/library/readers-guide-to-the-truth-and-meaning-of-human-sexuality-11259>

\*For the healing sacrament of Reconciliation

Saturday mornings after 8am Mass

Saturday afternoons 4:00pm - 4:45pm

Thursday, March 18 beginning at 7pm

Tuesday, March 30 beginning at 7pm

Friday, April 2 beginning at 5pm

By appointment - call the Parish Office at 630 469-0404