

# HEALTHY HOME TEAM RESOURCES



## Marriage

Every marriage needs a good foundation and to be nurtured along the way. In the demanding world of coaching, it's even more challenging to keep marriages strong. The amount of energy poured into making a program successful often has an unintended impact on a coach's home team. Nations of Coaches wants to offer you the resources to keep your marriages healthy.

### Preparing For Marriage

Build a strong foundation before you say "I Do" through programs that can prepare you and your fiancé (or soon-to-be fiancé) for a long-lasting, healthy relationship that extends well beyond the honeymoon.

- Premarital Retreats <https://marriage.winshape.org/pre-marital-retreat/>
- Ready to Wed <https://www.focusonthefamily.com/marriage/promos/ready-to-wed>

### Nurturing Your Marriage

Defense wins games, and when it comes to marriage, sometimes the best defense is taking the initiative to invest in your marriage before a bad season comes along. We can connect you with resources and opportunities throughout the year to help your home team stay strong.

- WinShape Marriage Weekend Retreats <https://marriage.winshape.org/retreats/>
- Weekend to Remember (offered by Family Life) <https://www.familylife.com/weekend-to-remember/>
- Reengage <https://www.reengage.org/>

### Healing Your Marriage

The divorce rate among college basketball coaches is much higher than the national average. We can help connect you with experiences that can help couples heal their relationship.

- WinShape Marriage intensives <https://marriage.winshape.org/intensives/>
- Center for Relational Care <https://www.relationalcare.org/intensive-retreats>
- Hope Restored – A Marriage Intensive Experience (Focus on the Family)  
<https://hoperestored.focusonthefamily.com>
- The Hideaway <https://intensives.com>
- Onsite Coupleship program <https://experienceonsite.com/intensives/couple-intensives/>
- Rock Your Family <https://rockyourfamily.org/intensives/marriage-intensives/>
- Affair Recovery <https://www.affairrecovery.com/>

## Counseling Resources

Through our partnerships, Nations of Coaches can connect you with confidential, trusted professionals who can talk to you personally on the phone and recommend the right mental health path to help you grow and heal. Reach out to your character coach or email [nochomefront@nationsofcoaches.com](mailto:nochomefront@nationsofcoaches.com), and we can connect you with someone. In addition, we recommend the following resources.

### Counseling

If you want to pursue individual or relationship counseling, we can recommend a few network resources that might have counselors in your area.

- Focus Counselor Referral Line  
<https://www.focusonthefamily.com/lifechallenges/promos/counseling-services-and-referrals>
- The American Association of Christian Counselors <https://christiancareconnect.com/>
- New Life Christian Counseling Network <https://newlife.com/counselors/>
  - 7 Cups <https://7cups.com/>
  - Better Help & Faithful Counseling <https://betterhelp.com/>

### Personal/Emotional Development

If you want to explore unique programs that offer an intensive experience for several days or more, we can recommend the following experiences.

- Living Centered program at Onsite <https://www.onsiteworkshops.com/programs/balanced-living/living-centered-program/>
- Evoke Therapy (designed for young adults, individuals, and families) <https://evoketherapy.com>
- Onsite Workshops <https://experienceonsite.com/workshops/living-centered-program/>
- The Rest Initiative <https://therestinitiative.org/>
- Soul Shepherding <https://www.soulshepherding.org/>
- Turning From Anxiety <https://www.turningfromanxiety.com/>

### Inpatient or Residential Treatment

If you need an inpatient or residential mental health experience, we can recommend several resources.

- Minrith/Meier Clinics <https://www.meierclinics.com>
- New Life <https://www.newlifetreatment.com/>
- Northbound Treatment <https://www.northboundtreatment.com/>
- Milestones program at Onsite <https://www.experiencemilestones.com/>
- Honey Lake <https://www.honeylake.clinic/>
- The Center - A Place of Hope <https://www.aplaceofhope.com/>
- Rogers Behavioral <https://rogersbh.org>
- Talbott Recovery <https://talbottcampus.com/>