

Counseling Resources

Rock Financial Life Counseling - <http://www.sdrock.com/ministries/finance/rflcounseling/>

The RFL Team offers biblically-based financial counseling to help individuals and couples learn to manage money and apply principles of effective biblical stewardship.

Individual Counseling and Marriage Coaching -

<http://www.sdrock.com/ministries/carecounseling/request/>

Rock Care Counseling and Marriage Coaching is a no fee ministry to provide encouragement, insight, and Biblical guidance to members during times of personal crisis and family difficulties.

Outside Professional Counseling -

<http://www.sdrock.com/ministries/carecounseling/professionalcounselors/>

There are times in our lives when we need to seek out help that requires a person that is professionally trained to provide guidance, assistance and healthy solutions to our problems.

The Rock has compiled a list of Christian counseling agencies and therapists in the San Diego area that provide counseling.

Rock Church Men's Ministries

Men's Ministries – <http://www.sdrock.com/ministries/mens/>

A place where men can come together that is Genuine, Authentic, Transparent, and Safe. This is a refuge where men have an opportunity to grow with other men, as they gather together, spurring one another on towards Love and Good Deeds through Men's Groups that address real life issues.

Rock Recovery– <http://www.sdrock.com/ministries/rockrecovery/>

Rock Recovery is a Christ-centered 12-Step ministry of the Rock Church. This co-ed support group will nurture through the use of God's Word by using small group interaction, scripture, and twelve step principles, maximizing healing for those familiar with the bondage and destruction of addiction.

The Most Excellent Way – <http://www.sdrock.com/ministries/mens/mew/>

We are a Christian solution to chemical dependency: "Becoming God-Dependent!"

Violated Care - <http://www.sdrock.com/stories/violationresources/>

If you or someone you know has experienced any form of violation, we want you to know you are not alone. God has redeemed your past and has a future full of hope and promise for you! Here at Rock Church, we want to provide the opportunity for people to connect and create community no matter where they are in life, or what has happened in their past. We hope you find hope and redemption through the love our Heavenly Father through these resources.

San Diego County

211sandiego.org or dial 211.

Resources (health, basic needs, Food Assistance, Covered CAL, CalFresh:
<http://211sandiego.org/resources/>