

Faith-Based Web Resources for Students

There are times in all of our lives when we struggle with questions about life, relationships, God, faith and so much more. Sometimes we don't know who we can talk to or where to go for answers to our questions. If you are facing any kind of difficulty know that you can call a member of the Pastoral Team here at Holy Cross for confidential, non-judgemental support and encouragement. Please also check out the websites below. There is always help and support available. God is always ready to provide the grace that we need.

The pastoral team at Holy Cross:

- Chaplaincy Leader – Mr. Nick Cotman: (613) 384-1919 ext. 3437 or email at ncotman@alcdsb.on.ca
- Priest Chaplain - Fr. Sebastian Amato (St. Paul the Apostle Parish)
- Priest Chaplain – Fr. Tim Shea (Blessed Sacrament Parish)

To find out what's happening in youth ministry at St. Paul the Apostle Church contact Kevin Alexander at: lifeteenkingston@gmail.com

Nadia Gundert is the Coordinator of the Archdiocesan Youth Office. Reach her by phone at (613) 548-4461 or email at youth@romancatholic.kingston.on.ca

If you are having a bad day and don't know what to do or how to get help, go to the LifeTeen website at: <http://lifeteen.com/category/life/healthy-mind/>

For information on sexuality and relationships you can check out this helpful page on the LifeTeen website: <http://lifeteen.com/category/relationships/sex-chastity/>

If you have questions about the Bible go to “Bible Geek” by Mark Hart: <http://holyspiritinteractive.net/youth/biblegeek/>

How to pray? Check this website out: <http://www.catholic-religion-and-more.com/catholic-prayers.html>

Have questions about your faith? Try this website: <http://www.bustedhalo.com/>

For some helpful videos on relationships, sexuality, and dating go to:

<http://ascensionpress.com/t/category/study-programs/theology-of-the-body/young-adult>

If you have any questions about vocations please contact Fr. Jan Kusyk at (613) 329-3772 or email him at frjankusyk@gmail.com