



Shine Resources

We believe every person is created in the image of God and entrusted with the privilege of reflecting him uniquely. That's why we've created a ministry dedicated to individuals with special needs — from birth through adulthood. There's a place for you here, with your God-given abilities and gifts. These everyday helps have been gathered to encourage and support you and your family along the journey.

EVERYDAY SUPPORT

Several ministry partners in our area have dedicated their vision and mission to intentionally supporting individuals and families with special needs. The following list includes those we recommend and believe will be especially helpful.

UNITED THROUGH H.O.P.E

Stay connected through meaningful conversations, social fun, and time with like-minded individuals—all while building relationships, experiences, and skills. UTH offers a fresh way to get involved with an online video-chat format, making community and support more accessible than ever.

COOKS CHILDREN'S SUPPORT GROUP

No matter what your child is facing, you don't have to walk the journey alone. Cook Children's support groups provide encouragement, practical assistance, and a supportive community.

RISING ABOVE MINISTRIES

Rising Above provides national and local retreats, events, and church ministries for families with special needs. Every gathering — from family dances to Easter egg hunts — is planned with your whole family in mind, offering connection, support, and a reminder of God's care.

NAVIGATE LIFE TEXAS

Supported by Texas Health and Human Services, Navigate Life Texas exists to equip and encourage parents of children with disabilities or special health care needs. Packed with practical guidance on healthcare, education, insurance, and the transition to adulthood, NLT also shares real stories from parents — offering insight, hope, and firsthand experience.

THE ARC

Working to ensure that people with intellectual and developmental disabilities are treated with dignity, respect, and fairness, The Arc advocates for their rights in every area of life — education, employment, healthcare, and community involvement — so they can participate fully and meaningfully in society. Beyond advocacy, The Arc provides programs, resources, and support to help individuals and their families thrive, build relationships, and live life to the fullest at every stage.

PODCASTS

Parenting a child with special needs comes with unique joys and challenges, and you don't have to navigate it alone. There are podcasts available to provide encouragement, practical guidance, and community— offering support, learning, and hope for every step of your journey.

- [The Special Needs Mom Podcast](#)
- [Dad to Dad Podcast](#)
- [Brave Together Parenting](#)
- [Parenting Special Needs Podcast](#)

BOOKS

These books offer encouragement, insight, and support for parents of children with special needs. They offer guidance and perspective to help you navigate the parenting journey with hope and care.

- [Refresh: Spiritual Nourishment for Parents of Children With Special Needs](#)
- [The Life We Never Expected: Hopeful Reflections on the Challenges of Parenting Children With Special Needs](#)
- [Unexpected blessings: The Joys + Possibilities of life in a special needs family](#)