

BRIDGE RESOURCE LIBRARY

for the **DISABILITY
COMMUNITY**



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BOOKS: VARIOUS TOPICS

(listed alphabetically by title)

Bible Through the Lenses of Trauma – Elizabeth Boase and Christopher J. Frechette

Bipolar Faith – Monica Coleman

Blessed Minds: Breaking the Silence About Neurodiversity – Sarah Giffith Lund

Different, Not Less – Temple Grandin, PhD

Disability Visibility: First Person Stories from the 21st Century – Alice Wong

Finding Jesus in the Storm: The Spiritual Lives of Christians with Mental Health Challenges – John Swinton

Healing Ableism: Stories About Disability and Religious Life – Darla Schumm

Indispensable: Disability, the Body of Christ, and the Gifts of Belonging – J. D. Kim

Living with Rheumatoid Arthritis – Tammi Schlotshauer

My Body is Not a Prayer Request – Amy Kenny

My Disability is Divine – Amy Kenney

The Disabled Hiker's Guide to Western Washington and Oregon – Syren Nagakyriel

The Power of the Powerless – Christopher de Vinck

The Pretty One – Keah Brown

Window Shopping with Helen Keller – David Serlin

BOOKS: MENTAL HEALTH AND NEURODIVERGENCE

Autism

A Full Life with Autism – Chantal and Jeremy Sicile-Kira

Navigating Autism – Temple Grandin, PhD

Bipolar Disorder

Rock Steady: Brilliant Advice from my Bipolar Life – Ellen Forney

Welcome to the Jungle – Hilary Smith

Bipolar Faith – Monica Coleman

Depression and Anxiety

If You Feel Too Much – Jaime Tworkowski

Dissociative Disorders:

Amongst Ourselves: A Self-Help Guide to Living with Dissociative Identity Disorder
– Tracy Alderman

Healing the Fragmented Selves of Trauma Survivors – Janina Fisher

Dissociation Made Simple – Jamie Marich

Faith Based Perspectives

This Too Shall Last: Finding Grace When Suffering Lingers – K J Ramsey

Trauma

Complex PTSD: From Surviving to Thriving – Pete Walker

Trauma and the 12 Steps – Jamie Marich

BOOKS: FAMILY SUPPORT AND ENCOURAGEMENT

(listed alphabetically by title)

A Good and Perfect Gift: Faith, Expectations, and a Little Girl Named Penny –
Amy Julia Becker

A Long Letting Go – Marilyn Chandler McEntyre

Growing Up with the Disabled Child – Amanda Apgar

BOOKS: FAMILY SUPPORT AND ENCOURAGEMENT - Continued

The Disabled Child: Memoirs of a Normal Future - Amanda Apgar

Unexpected Blessings: The Joys & Possibilities of Life in a Special Needs Family -
Sandra Peoples

BOOKS: DEVOTIONALS AND ENCOURAGEMENT

(listed alphabetically by title)

A Good and Perfect Gift: Faith, Expectations, and a Little Girl Named Penny -
Amy Julia Becker

Finding My Place Devotional - Milton Keys

Forty Days: Finding Refuge in the Ark from the Storms of Disability - David W.
Anderson

This Too Shall Last: Finding Grace When Suffering Lingers - KJ Ramsey

Walking Through Twilight - Douglas Groothuis

You are the Beloved - Henri Nouwen



BRIDGE DEVOTIONALS

Disabled and Devoted Vol 1 **Audio version [here](#)*

Disabled and Devoted Vol 2 **Audio version [here](#)*

Free Devotional copies available- Contact: bridge@bridgemin.org

PICTURE BOOKS

(alphabetically listed by title)

A Day With No Words – Tiffany Hammond

A Paintbrush for Joni – Joni Eareckson Tada

All The Things We Can Do! – Georgette Kores

I am Not a Label: 34 Disabled Artists, Thinkers, Athletes, and Activists from Past and Present – Carrie Burnell

Just Ask: Be Different, Be Brave, Be You – Sonia Sotomayor

Like Me – Laura Wifler

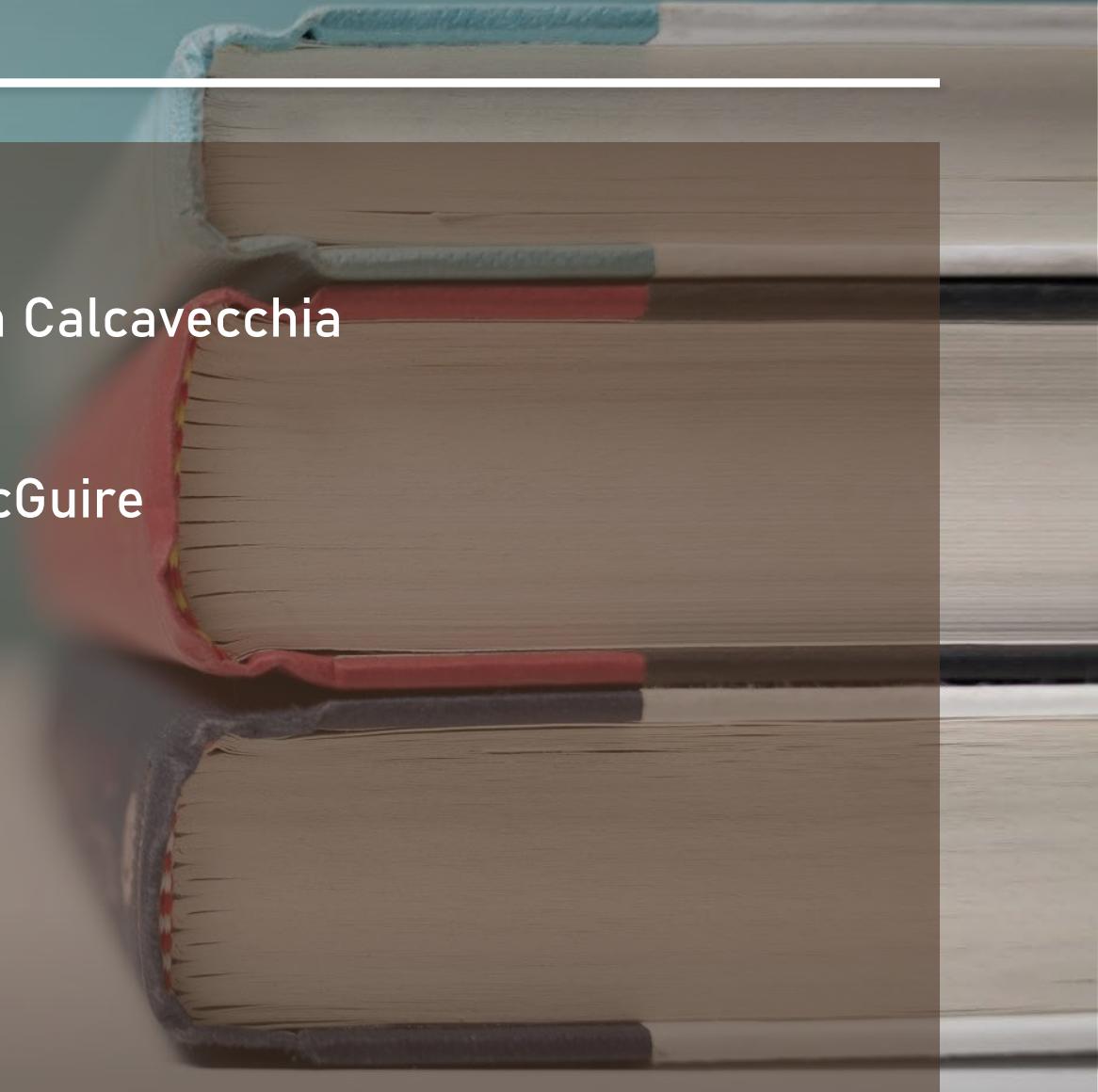
Next Level – Samara Cole Doyon

PICTURE BOOKS- Continued

The Adventures of Frank and Mustard – Simon Calcavecchia

The Brain Forest – Sandhya Menon

We Move Together – Kelly Fritsch and Anne McGuire



PODCASTS

[Blind Faith - Podcast - Apple Podcasts](#)

[Chronic Illness Misconceptions Podcast](#)

[Reimagining the Good Life Podcasts](#)

[Take the Next Step](#)

SUPPORT PROGRAMS – Website links

ORGANIZATION	WEBSITE	PHONE
Aktion Club:-Service club for adults with disabilities	aktionclub.org	(800) 549-2647 ext. 411
ALS Association	The ALS Association	(800) 782-4747
Arthritis Foundation	arthritis.org	(800)-283-7800
Audiobook Ministries	audiobookministries.org	(206) 243-7377
Banchero Disability Partners	banchero.org	(206) 367-7795
Be My Eyes: virtual support for the visually impaired	bemyeyes.com	Number Not Available

SUPPORT PROGRAMS – Website links

ORGANIZATION	WEBSITE	PHONE
Bridge of Promise	<u>Bridge of Promise</u>	Number Not Available
Caring.com: Resources for Disabled Seniors and Their Caregivers	<u>Caring Web Link</u>	Listed by Region on Website
Disability 101: Let's Talk About Disability	<u>Joinusonmainstreet.org,</u>	Number Not Available
Disability Belongs- Faith Inclusion and Belonging	<u>Disability Belongs</u>	(202) 517-6272
Disability Empowerment Center	<u>Disability Empowerment Center</u>	(866) 545-7055
Friendship Adventures	<u>friendshipadventures.org</u>	(425) 444-3132

SUPPORT PROGRAMS – Website links

ORGANIZATION	WEBSITE	PHONE
Innerbody: Resources for Caregivers	Innerbody.com	Number Not Available
Joni and Friends	joniandfriends.org	(818) 707-5664
Multiple Sclerosis Society	National Multiple Sclerosis Society	Number Not Available
Service Opportunities by and for Disabled Adults (SODA)	SODA.com	Number Not Available
The Tavon Learning Center	The Tavon Center	(425) 999-2269
Washington Autism Alliance and Advocacy (WAAA)	Washington Autism Alliance	(425) 836-6513

SUPPORT PROGRAMS – Website links

ORGANIZATION	WEBSITE	PHONE
Wonderful Works Ministry	wonderfulworksministry.org	Number Not Available

SUPPORT GROUPS – Website links

ORGANIZATION	WEBSITE
Creaky Joints: Community and Resources for Arthritis Sufferers	creakyjoints.org
The Mighty: Articles & Online Community	themighty.com

KING COUNTY ACCESSIBLE RECREATION – by City

CITY	WEBSITE	PHONE
Auburn	<u>Specialized Recreation</u>	(253) 931-3043
Bellevue	<u>Adaptive Recreation Web Link</u>	(425) 452-7686
Federal Way	<u>Community Center Web Link</u>	(253) 835-6900
Issaquah	<u>Adaptive Recreation</u>	(425) 837-3388
Kirkland	<u>Human Services Web Link</u>	(425) 587-3325
Redmond	<u>Activities Redmond, WA</u>	(425) 556-2300

KING COUNTY ACCESSIBLE RECREATION – by City

CITY	WEBSITE	PHONE
Renton	Adaptive Recreation City of Renton	(425) 430-6748
Seattle	Seattle Parks Web Link	(206) 684-7548
Shoreline	Specialized Recreation Web Link	(206) 801-2600

ACCESSIBLE OUTDOOR RECREATION RESOURCES

RESOURCE	WEBSITE
Accessible Trails	<u>Trail Link Accessible Trails</u>
Barrier Free Trails	<u>Barrier-Free Trails</u>
Disabled Hiker's Guide	<u>DisabledHikers.com</u>
Mount Rainier– Wheelchair Accessible Vacation Planner	<u>Accessibility - Mount Rainier Weblink</u>
NOC Society Offering free outdoor trips for those living in the PNW	<u>NOC Society.com</u>
Outdoors for All Foundation	<u>Outdoors for All Web Link</u>

ACCESSIBLE OUTDOOR RECREATION RESOURCES

RESOURCE	WEBSITE
Trail Accessibility Rating System	<u>Trail Rating System Link</u>
Wheelchair Accessible	<u>All Trails for Wheelchairs</u>

An illustration of a diverse group of people with various disabilities. On the left, a woman with short purple hair and sunglasses uses a white cane. In the center, a man in a purple shirt pushes a wheelchair with a woman in a pink top. To the right, a man in a blue shirt has a prosthetic leg, and a woman in a purple top sits in a wheelchair. On the far right, a woman in a blue top and purple pants has prosthetic legs. The background is light blue with a white floor.

ACCESSIBILITY PRODUCTS

The Meyer Medical Equipment Center provides many types of assistive devices. These items are received through donation and are sterilized, refurbished, and made available to a new owner for a suggested donation. You can learn more about the equipment we offer by clicking the link below:

bridgemin.org/medical-equipment/

You may also contact us at:
equipment@bridgemin.org
(425) 628-1751

Thank you for visiting our
Resource Library for the **Disability
Community**

Bridge Disability Ministries
15411 NE 95TH St
Redmond, WA 98052

425-885-1006

Email: bridge@bridgemin.org
[bridge disability ministries website](http://bridge-disability-ministries-website.com)

