



## Relationship Abuse Virtual Support Group

Jan 7 - Feb 25

This 8-week interactive educational support group is for people who have experienced emotional, physical, sexual, verbal, financial, and/or spiritual abuse. Attendees will gain knowledge of relationship abuse and receive support in a safe & confidential environment.

### Upcoming Dates

Wednesdays 10:30am-12:00pm

- 1/07** Power and Control
- 1/14** Verbal and Emotional Abuse
- 1/21** Trauma and the Brain
- 1/28** Characteristics of Abusers
- 2/4** Abuse Across Generations
- 2/11** Shame, Guilt, & Forgiveness
- 2/18** The Relationship Spectrum
- 2/25** Self Esteem

### For Information:

Call or Text: 616.452.6664

Advocates are available 24/7 via call, text, or webchat at [safehavenministries.org](http://safehavenministries.org)

### To Register:

Please send an email to  
[rmccaul@shmgr.org](mailto:rmccaul@shmgr.org).

**A SAFE SPACE FOR  
EVERYONE**  
ALL ARE WELCOME. ALL ARE SAFE.

**Office Location**  
2627 Birchcrest Dr SE  
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