



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

To Register:

Please send an email to
rmccaul@shmgr.org.

For Information:

Call or Text: 616.452.6664

Advocates are available 24/7 via call, text, or
webchat at safehavenministries.org

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

Office Location

2627 Birchcrest Dr SE
Grand Rapids, MI 49506