



Relationship Abuse Educational Support Group

MARCH 5 - APRIL 30

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

Upcoming Dates

Thursdays 6:00pm-7:30pm

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| 3/5 Power and Control | 4/2 Abuse Across Generations |
| 3/12 Emotional and Verbal Abuse | 4/9 NO GROUP |
| 3/19 Trauma and the Brain | 4/16 Shame, Guilt & Forgiveness |
| 3/26 Characteristics of Abusers | 4/23 The Relationship Spectrum |
| | 4/30 Self Esteem |

Snacks and refreshments offered.
Childcare available.

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