



Relationship Abuse Virtual Support Group

MARCH 4-APRIL 29

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 10:30 am-12:00pm

- 3/4 Power and Control
- 3/11 Verbal and Emotional Abuse
- 3/18 Trauma and the Brain
- 3/25 Characteristics of Abusers
- 4/1 Abuse Across Generations
- 4/8 NO GROUP
- 4/15 Shame, Guilt, & Forgiveness
- 4/22 The Relationship Spectrum
- 4/29 Self Esteem

For Information:

Call or Text: 616.452.6664

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

To Register:

Please send an email to
rmccaul@shmgr.org.

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

Office Location

2627 Birchcrest Dr SE
Grand Rapids, MI 49506