



## Relationship Abuse Virtual Support Group

MAY 6 - JUNE 24

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

- 5/6 Power and Control
- 5/13 Verbal and Emotional Abuse
- 5/20 Trauma and the Brain
- 5/27 Characteristics of Abusers
- 6/3 Abuse Across Generations
- 6/10 Shame, Guilt, & Forgiveness
- 6/17 The Relationship Spectrum
- 6/24 Self Esteem

### *To Register:*

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

### For Information:

Call or Text: 616.452.6664

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

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

### Office Location

2627 Birchcrest Dr SE  
Grand Rapids, MI 49506