



SELAH Domestic Abuse Awareness Group

Support that Empowers Lives And Homes

Domestic abuse can occur in any relationship including marriages, living together, or dating. It may involve physical and sexual force, emotional abuse, verbal threats and intimidation, economic deprivation and even spiritual abuse.

SELAH, our 10-week women-only educational group, will teach and equip group members to find clarity and direction in their life and relationships. It will define the various types of domestic abuse and help individuals clarify their own experiences. This group is open to female victims, survivors, family members/friends or women who simply want to learn more about this issue.

Topics covered include:

- Power and Control
- Emotional & Verbal Abuse
- Characteristics of Abusers
- Patterns of Abuse
- Effects on Children
- Faith Issues
- Self-Esteem
- Trauma and the Brain
- Legal Issues
- Financial Issues

New members are welcome to join at any time.

When

For exact dates and times visit pinerest.org/selah

Location

For the safety of our participants, the address for the meeting will be given after registration.

Cost

All sessions are free and confidential.

Registration

Join at any time. Call SELAH at **616.510.6305** or Pine Rest at **616.222.3700** for more info and to RSVP.



pinerest.org/selah