



*Pause and find strength for the journey*



## What is Domestic Abuse?

The basis of domestic abuse is the misuse of power and control in a relationship. Domestic abuse can occur in any intimate relationship including marriage, living together, or dating. It includes behaviors that physically harm, arouse fear, prevent a partner from doing what they wish or forcing another to behave in ways they do not want. It includes the use of physical and sexual violence, verbal threats and intimidation, emotional abuse, economic deprivation and even spiritual abuse.

Selah offers free resources, education, and support to individuals experiencing domestic abuse.

*Selah is a place where individuals experiencing domestic abuse can be heard and understood while finding help for the next step of their journey.*

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# Educational Support Group

An educational group that will teach and equip group members to find clarity and direction in their life and relationships. This group is open to victims, survivors, and family members who simply want to learn more about this topic.

After completion of the classes, we continue to walk alongside each person as they make decisions for their situation.

## Group Meetings

Classes are offered both online and in-person.

Call or email us for current meeting times and locations.

(616) 510-6305  
[selah.empowers@gmail.com](mailto:selah.empowers@gmail.com)  
[selah-empowers.org](http://selah-empowers.org)

## Join Anytime!

Individual Appointments by Request

### Topics

- Power & Control
- Emotional, Psychological, & Verbal Abuse
- Characteristics of Abusers
- Effects of Abuse on Children
- Patterns of Abuse
- Domestic Abuse & Faith Issues
- Self-Esteem
- Financial Issues
- Legal Issues



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