

3 OUT OF 10
WOMEN HAVE
EXPERIENCED
ABUSE

Her Journey

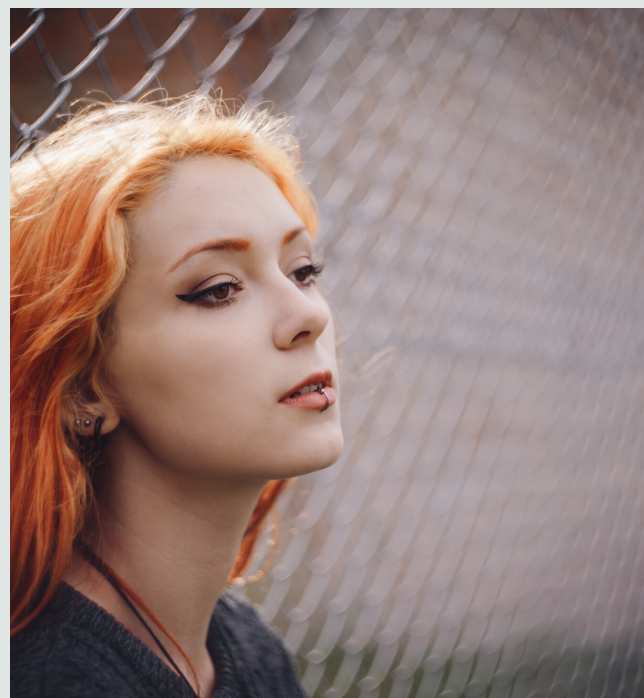
FAITH-BASED
HEALING

- LEADER CLASSES AVAILABLE
- 13 WEEKS DOMESTIC VIOLENCE TRAINING
- UNIQUE & BIBLICAL CURRICULUM
- ONGOING SUPPORT FROM ARMS
- RE-CERTIFICATION EACH YEAR

**Call 503-846-9284/
866-262-9284 for more
information or email
info@abuser recovery.org**



ABUSERECOVERY.ORG



Leaders Say



Loving the class by the way! So much useful information right away. God is so in your content & materials!...Oh and it was so great, yesterday in a one on one with a resident I was able to ask her about some hidden anger (what I learned in class hours before) and wow did it take her right to the source, something she never considered herself having. **It was such a great God moment and I am so thankful for this class and the ability to help me in what I do!**
-C.K. Portland, OR

These classes have helped me *gain an understanding of domestic violence, the cycle of abuse, the reasons behind abuse and the challenges of leaving a situation of abuse.* **These classes have taught me about what things may be going on in the hearts and minds of victims of domestic violence and how to approach the healing process.** These classes have also helped me see the way that God walks us through our "valleys" to get to the other side and how He alone can fill the void in our hearts. -H.B. Cleveland, OH



Participants Say



I love that ARMS is Christian based. My leader was phenomenal and taught the classes in a way that I could understand and learn how these guys act. I also learned how to stay away from this type of behavior. *I would not be this far if it wasn't for me going through ARMS. I would recommend it for everyone.* -T.Y.

HER JOURNEY LESSONS INCLUDE:

Submission vs Oppression
Dealing with Anger & Depression
Boundaries
Loneliness
Our Value in Christ
..and much more!

LEADER'S TRAINING INCLUDES:

Effects of Abuse
The Mind of an Abuser
Trauma & the Brain
Human Trafficking & DV
Leader Boundaries
Group Guidelines

ADDITIONAL TRAINING AVAILABLE INCLUDES:

Risk Assessment & Safety Planning, Compassion Fatigue and more!