



## Hope, Healing and Restoration for Women

*No one is immune to the impact of sexual abuse. Although much of the current research has shown how one abusive event dims the life of the victim, we live in a time where sexually harmful behavior has become so common that we avoid naming it as abuse. In the midst of such tragedy, most of us have chosen to hide our hurts or attempted to heal ourselves. The consequences of sexual abuse can never be fully removed, yet when we lay our wounded heart before God's tender kindness and strength, the power of shame cannot win. –The Allender Center*

Wounded Hearts is a 12-week Christ-centered small group. The group is designed to provide a safe place for women who have experienced childhood sexual abuse or sexual assault to join with others. Together the group will work to find guidance in the midst of confusion, and to find hope for their wounded hearts.

Using the Wounded Hearts curriculum by Dr. Dan B. Allender as our structure, the group will work through the complex issues of sexual abuse in a concrete way. The group will journey together through a step-by-step process of change to:

- Face the truth about past and present experiences and feelings
- Deal with the emotions and damage that affect our relationships with God, self and others
- Find healing and redemption in our stories.



**WHEN: Monday Nights, 6:00pm – 7:30pm**

**BEGINS: February 18, 2019**

**WHERE: The Refuge Center for Counseling  
103 Forrest Crossing Blvd., Suite 102, Franklin, TN 37064**

**COST: This group is provided at The Refuge Center through a grant, therefore there is no cost to those participating. All materials are provided free of charge.**

**CONTACT: (615) 591-5262 or [info@therefugecenter.org](mailto:info@therefugecenter.org) to register.**

Group size is limited and fills up quickly. Pre-registration is required.