



Healing body and spirit after abuse

You might not feel like yourself as you begin to heal after intimate partner abuse. Give yourself permission to make healing a priority, and remember the healing journey is different for everyone.

Strength. Courage. Resiliency. Support on the journey.

Do you have a strong support network of family and friends? Often, friendships need to be mended or ended to help you heal. Many survivors are eager to begin a safe romantic relationship, while others swear to never be intimate with another again. As time passes, you will feel readier to make these decisions.

In the meantime, remember to care for your physical health. Healing our spirit is easier when our bodies are healthy and strong. If you need more support, call us to talk about options and ask for the days and times of support groups in your area.

Green  House17

Nurturing lives

harmed by intimate partner abuse.

24-HOUR CRISIS HOTLINE 800.544.2022



Partner Agency