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**WOMEN
OF HOPE**

Resources

TO HELP WOMEN AFFECTED BY VIOLENCE

OCTOBER 2021

EQUIPPING YOU TO
MAKE A DIFFERENCE

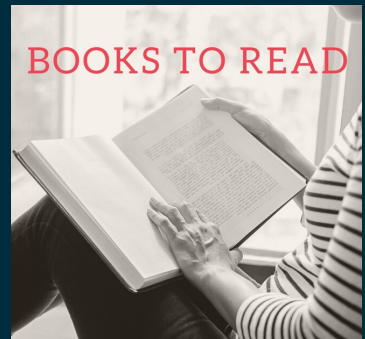
ORGANIZATIONS



HOTLINES



BOOKS TO READ



ORGANIZATIONS



Women At Risk
International



NATIONAL CENTER
on Domestic and Sexual Violence

National Center on Domestic
and Sexual Violence



Agape
International
Missions



Shared Hope
International



GLOBAL NETWORK
OF WOMEN'S SHELTERS

Global Network
of Women's Shelters

NATIONAL
Center on
Domestic Violence, Trauma & Mental Health

National Center on
Domestic Violence,
Trauma and Mental
Health

RAINN

Legacy of Hope Society

RAINN (Rape, Abuse & Incest
National Network)



HOTLINES

US National Domestic Violence 24-hour Hotline

1-800-799-SAFE (7233) or TTY 1-800-787-3224
or www.ndvh.org

US National Sexual Assault Hotline

1-800-656-4673 (HOPE) or www.rainn.org

US National Suicide Prevention Lifeline

1-800-273-8255 (TALK)
or www.suicidepreventionlifeline.org

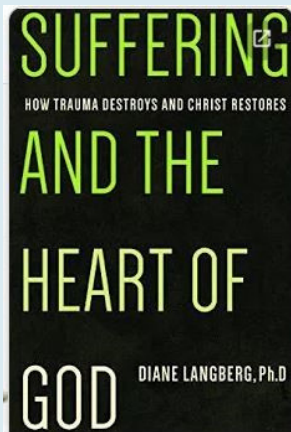
US National Center for Victims of Crime

1-202-467-8700 or www.victimsofcrime.org

US National Human Trafficking Resource Center/Polaris Project

Call: 1-888-373-7888 | Text: HELP to BeFree (233733)
www.polarisproject.org

BOOKS TO READ



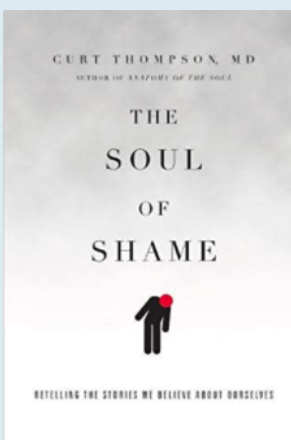
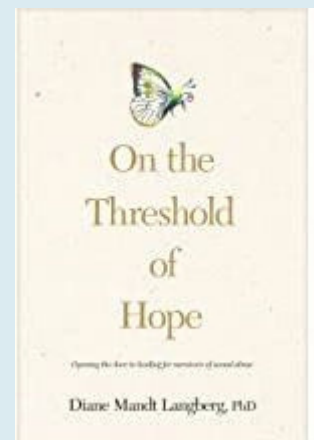
Suffering and the Heart of God

When someone suffers through trauma, can healing happen? Dr. Diane Langberg's answer is Yes, what trauma destroys, Jesus can and does restore. But it's not a fast process, instead much patience is required from family, friends, and counselors as they wisely and respectfully help victims unpack their traumatic suffering through talking, tears, and time. And it's not a process that can be separated from the work of God in both a counselor and counselee. Dr. Langberg calls all of

those who wish to help sufferers to model Jesus's sacrificial love and care in how they listen, love, and guide.

On the Threshold of Hope

On the Threshold of Hope offers hope and healing to men and women who have been traumatized by sexual abuse. Dr. Langberg's insights and the quotations from many survivors assure readers that they are not alone and that Christ, the Redeemer, can heal their deep wounds. Through stories, Scripture, questions, and encouragement, Dr. Langberg walks with survivors on the road to healing through Christ's love and power.



The Soul of Shame

We're all infected with a spiritual disease. Its name is shame. Whether we realize it or not, shame affects every aspect of our personal lives and vocational endeavors. It seeks to destroy our identity in Christ, replacing it with a damaged version of ourselves that results in unhealed pain and brokenness. Author: Curt Thompson



The Spiritual Impact of Sexual Abuse

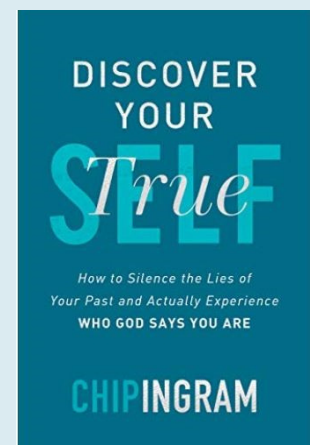
Are you ministering to someone whose trauma of sexual abuse has shattered their trust in God? Do you see them wrestling with the dichotomy between what they are told about God and the bitter facts of their wounds? If the abuse happened when they were a child, they may have a particularly fractured understanding of trust, truth, and love. How can you begin to reach out to them? What do you need to understand about their pain? Diane Langberg walks you through the

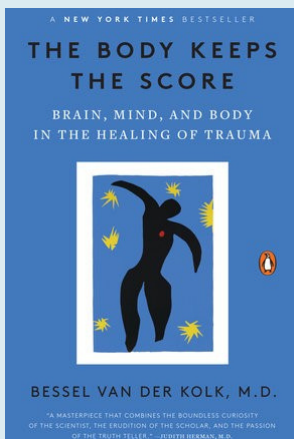
answers to these questions and provides timely counseling insight based on her years of working with victims of sexual abuse. She explains why it is critical to understand the long-term impact of such trauma, and she considers ways you can wisely incarnate the love of Christ to a survivor searching for true meaning and purpose.

Discover Your True Self

Seeing yourself as God sees you is essential to overcoming your deepest struggles, having healthy relationships, living in freedom and fulfilling your life purpose. Learn how to let go of shame, insecurity, comparison and the lies of your past, and begin seeing yourself through God's eyes.

Click [here](#) to begin a 20-day journey of Daily Discipleship with Chip Ingram on Ephesians 1-3. Watch a 10-minute video, work through a short study guide and listen to an optional book excerpt as you learn to discover your true self.





The Body Keeps The Score

Dr. Bessel van der Kolk uses recent scientific advances to show how trauma literally reshapes both body and brain, compromising sufferers' capacities for pleasure, engagement, self-control, and trust. He explores innovative treatments - from neurofeedback and meditation to sports, drama, and yoga - that offer new paths to recovery by activating the brain's natural neuroplasticity. Based on Dr. van der Kolk's own research and that of other leading specialists,

The Body Keeps The Score exposes the tremendous power of our relationships both to hurt and to heal- and offers new hope for reclaiming lives.

God Has Not Forgotten You

For anyone who is lonely or struggling with anxiety in times of uncertainty, find comfort in knowing that you are deeply loved by God.

Author Dr. David Jeremiah will help you navigate the uncertainties of the present while embracing God's promises for the future. This book invites you to experience the transforming power of God's Word that will help you:

- Trust God in uncertain and challenging times
- Know God is at work even when you can't see it
- Deal with confusing or disappointing circumstances

