

About the Leader

Kim Harris and her husband Jeffrey are members of Mt. Zion where they are both active in several ministries. They are the parents of three. Kim has a bachelor's degree in social work with a minor in psychology from IUPUI, and an associate's degree in computer technology from Nashville State Technical Institute. She has completed a course in telephone crisis counseling and intervention through New Life Christian Counseling and Training Center, a certified academic institute of the National Christian Counselors Association. She plans to further her education in the field of counseling to become a licensed Christian counselor. She works as a family support specialist at Wishard Memorial Hospital. Kim's past life experiences and life-changing Holy Spirit experience led to the formation of Total Restoration.

Programs and Referral Services Available

- Employment
- Housing
- Mentoring
- Resources
- Parenting Enrichment
- Children's Enrichment
- Finance and Budget Assistance

Compassion Life Line

24-hour crisis line 317-257-1977

Our Vision:

Empowering the woman in pain and need to take the steps to change her life.

There is a way out

TOTAL RESTORATION, formed in 2004, is a confidential faith-based support and recovery program that offers help and guidance for women dealing with past or present physical, emotional, verbal, or sexual abuses, through prayer and group sessions. If you are, or have been a victim of these situations and are having trouble dealing with victim-related issues, know that there is a way out. Come and experience the power of God and allow Him to reshape your life.

Group sessions

Tuesdays from 6:00 p.m. to 7:30 p.m.
Mt. Zion Apostolic Church, Franklin Chapel
For transportation call:
317-549-1200 ext. 57

Total Restoration is a ministry of

Mt. Zion Apostolic Church

4900 E. 38th Street

Indianapolis, Indiana 46218

317-549-1200

Bishop Lambert W. Gates, Sr., Senior Pastor

Kim Harris, Ministry Leader



Help Stop the Violence

National Domestic Violence Hotline

1-800-799-SAFE

1-800-787-3224 (TTY)

The background of the advertisement is a close-up, profile view of a woman with dark, curly hair, looking upwards and to the right. The lighting is warm and golden, creating a soft, hopeful atmosphere. The text is overlaid on this image.

TOTAL RESTORATION

A faith-based support and recovery program for women

You
are
not
alone

*We are here to
help, listen,
and pray.*

**A Ministry of Mt. Zion Apostolic Church
Indianapolis, Indiana**

Surviving Abuse: My Story

By Kim Harris

I am a survivor. In my lifetime I have experienced all forms of pain and abuse. The issues that resulted from these experiences caused me to be in denial and so I was never able to deal with them. Because of this, I found myself dipping and dabbling in things that caused me even more harm. I associated myself with people who took me for granted and meant me no good. I accepted this treatment as normal, and soon it became a way of life for me. I was convinced that I did not deserve better and would never achieve anything worthwhile. I stayed in that situation for 20 years, but these issues constantly haunted me because deep down, I knew that there had to be a way out. One day, frustrated and fed up, I allowed God to reshape my life through the Holy Spirit which brought about the process of inner healing. Through this process, I found out that there is *no hurt* that God cannot heal no matter how deep the hurt or how low you are. I am a witness. Today I am a totally different person. I am happier than I have been in my entire life. I never dreamed that I could be so loved, happy, and whole. Life today is wonderful and my future is bright. The same healing that I found is available for you too!



Patterns and Signs of Abuse

Domestic violence, also called abuse, is a term given to behavior used to control and overpower. Violence toward women often takes the form of a cyclical pattern, and is comprised of three particular phases that mark the overall behavior of the abuser:



Tension-building

Criticism, yelling, angry gestures, coercion, and threats.

Abuse

Physical, verbal, emotional, or sexual attacks and threats.

Honeymoon

Apologies, promises to change, gifts

Domestic violence is an escalating pattern of abuse in which one party in a relationship controls another through force and intimidation. It is happening in your neighborhood. It affects everyone and discriminates against no one. It is a community problem that no one likes to discuss. Many victims suffer in silence. As a result, the threads that hold families together are broken.

**This is NOT the plan
God has for you!**

God—The Way Out

Many programs are available in communities throughout our country to assist women in abusive situations. The Total Restoration program is unique in that the hope it offers is based on true life experiences of women who have suffered like many others but found healing and wholeness through God and His plan of salvation. Its foundation is based upon the inspiration these women found through their life-changing experiences. Total Restoration offers prayer and confidential group sessions where women come together to share their stories and testimonies.

Our Purpose:

- To help women seek God for psychological and emotional healing.
- Help women understand that they are not alone in their struggle.
- Deal with issues that hinder natural and spiritual growth.
- Aid in the prevention of women leaving the church.
- Help women learn how to let go of the hurt and move forward.

Our Mission:

Our mission is to offer support and assistance to women, helping them to recognize the importance of personal empowerment that comes through change and self-discovery, embracing the fact that the status quo is not acceptable, and giving them the incentive to continuously seek improvement for a successful future.

