


Our Mission Statement

To **educate, empower** and **encourage** women to live out the restorative work of Christ in their lives.

educate

The teaching of the **Word of God** is above all else. It is through the bible that we receive the power to live out the restorative work of Christ.

empower

We empower you by providing a platform in which you can share your struggles without any judgment or prejudice. We help you by giving you a voice, and by making you feel loved, valued and accepted.

encourage

We are here to encourage women by helping them find their identity in Christ.

How we educate and fellowship

- Interactive workshops
- Interactive support groups and mentoring via Zoom, Hangouts or 1:1
- Retreats
- Conferences and Seminars

If you are interested in ...

- OTEM hosting a conference or seminar in or for your church
- OTEM hosting a retreat for your church
- OTEM mentoring for yourself
- OTEM hosting weekly group zoom meetings

...please contact us at:

 oteministries.org

 info@oteministries.org

Who We Are

Overcoming Toxic Emotions women's group was birthed in 2013.

In 2017, founders Reverend Maria Payne and her daughter-in-law, Melinda Zuñiga established the **Overcoming Toxic Emotions Ministry (OTEM)** as a nonprofit organization. As they each experienced emotional instability in their own lives and recognized that women needed a safe place to have honest conversations about **REAL LIFE** issues. Together, they've worked toward establishing the OTEM for women to feel secure in speaking about their toxic emotions with others, with the goal being for the Lord to release them from that toxicity and consistent pain.

Reverend Maria Payne has spent countless hours of biblical counseling and training through the American Association of Christian Counselors, and Light University. Melinda has been in ministry serving women for over 10 years.

OTEM has helped countless women become free from their toxic emotions. We believe that the Word of God is the fundamental means through which we can achieve and maintain freedom as stated in Galatians 5:1



What Motivates Us

OTEM has a dynamic team that God has filled with a passion to serve women. We want to see women reach their full, God-given potential so that HE is glorified in and through them.



"Christ has freed us so that we may enjoy the benefits of freedom. Therefore, be firm in this freedom and don't become slaves again" - Galatians 5:1





The Passion Statement

“ We aspire to see women transformed and living victoriously for Christ. Operating from a place of wholeness in their homes, place of employment, their churches and their community. ”

For any general questions,
please contact us at:

**917-536-7343
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