



Upcoming Events and Classes

LEVEL ONE—JOURNEY TO UNDERSTANDING

These classes will help bring clarity and validation to what you are experiencing.

Online Only: 10—11:30 am, Wednesdays

Online and In-person: 7-8:30 pm, Wednesdays

To receive the link for online access to classes please reach out to Selah.Empowers@gmail.com

- February 1: Trauma on the Brain from Cycle of Abuse
- February 8: Effects of Trauma on Children’s Brains
- February 15: Abuse and Faith Issues
- February 22: Self Esteem
- March 1: Lisa Dean, CDFA Financial Advisor, AM and PM
- March 8: Kendra Ortega, Family Law Attorney, PM Only (AM Class will have different topic)
- March 15: **Stay Tuned for a fun event we are planning!**

LEVEL TWO —STRENGTH FOR THE JOURNEY

These classes focus on finding the strength needed as you make decisions for your situation.

This week we’ll be comparing **co-dependency** and a **victim mind-set** using a Leslie Vernick video, which gives us an alternative, **ownership**. Really looking forward to what conversation this will stir as we take a deeper look at destructive personality styles. Please join us this week!

Online and In-person: 7-8:30 pm, the same dates as Level One.

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FACILITATORS



Vicki Williams



Carol Bosch, LMSW



Shari Murdock



Misty LaFree, LLPC

Evening Child Care Facilitator:



Shirley Ritsema



Elisabeth Richards

SEE PAGE 3 FOR MORE INFO!!



Pause & Find Strength

News Blurb from Selah Empowers

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Group Agreement: We ask that everyone read the Group Agreement attached to the email. Attending the classes means you have read and agreed to the group agreement.

Childcare: Please let us know ahead of time if you will need childcare, however, we know schedules change, so if you don't get a chance to let us know before class that will be fine too.

Safe Environment: We want to provide a confidential and safe environment for everyone to share and receive support. We also recognize that some material covered in this group is sensitive and can be triggering. Please practice healthy self-care and let us know if you are feeling overwhelmed or need to speak privately.

SAFE LISTENERS PROMISE

- I WILL LISTEN TO UNDERSTAND
- I WILL KEEP WHAT YOU SHARE PRIVATE
- I WILL NOT MINIMIZE YOUR PAIN
- I WILL NOT COMPARE YOUR PAIN WITH MY OWN
- I WILL NOT GIVE QUICK SOLUTIONS
- I WILL LISTEN AGAIN WHEN YOU WANT TO SHARE MORE

"I now see how owning our story and loving ourselves through that process is the bravest thing that we will ever do."

— Brené Brown