



Pause & Find Strength

News Blurb from Selah Empowers

Vol. 2 Issue 9

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Lisa Dean, Financial Advisor, at Selah This Week!



**Lisa Dean, CDFA@
LPL Financial Advisor**

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✉ ldean@bridgepointwm.com

Selah has been blessed to forge many partnerships with individuals and organizations that are willing to come alongside women who can benefit from financial, legal, and mental health services. This week Selah welcomes Lisa Dean, CDFA, in both morning and evening classes who will bring clarity to the financial tangles that arise when considering dissolution of marriage, providing insight to important factors to consider before any steps are taken. Lisa lays out clear steps that help simplify the financial aspects of possible separation or even divorce and has been a significant blessing to several women connected to Selah. Please join Selah online or in person on Wednesday, March 1st, to get all your financial questions addressed! See you there!

Selah Partners Providing In-class Counselors

Stay tuned for access to additional free and discounted legal, financial and mental health services that have been extended to Selah. Or connect with Selah Empowers if you want to learn more now.



Next Week - Attorney Kendra Ortega!



**Kendra Ortega, Attorney
616-326-4324**

On March 8th, Selah welcomes attorney Kendra Ortega to the evening class in person and online. Kendra is another trusted advocate for women experiencing abuse and has been helping Selah women successfully navigate legal issues. Don't miss this opportunity to connect with Kendra and have your questions addressed!



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.

- 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: **Chair Yoga at HomFlats** See page 3 for info.
- March 22: Power and Control - Basis of Abuse
- March 29: Verbal, Emotional and Psychological Abuse
- April 5: Characteristics of Abusers, Part 1

LEVEL TWO —STRENGTH FOR THE JOURNEY

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

This week we will continue with the series *Good Boundaries and Goodbyes, Loving Others Without Losing the Best of Who You Are*. This week we welcome Marge Lucas, MSW, from West Michigan Wellness who will be attending the class regularly. Marge has a particular focus on supporting families as they navigate change, and especially assisting children as families navigate both expected and unexpected life events including divorce, co-parenting, family realignment, and loss. Welcome Marge!

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

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

FACILITATORS



Vicki Williams



Carol Bosch, LMSW



Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

Greeters

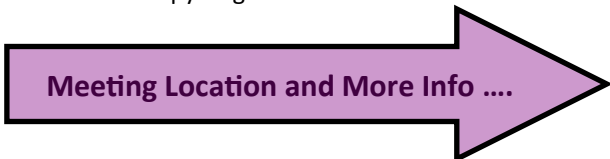


Kim Diekevers & Kayden or Karly or Lettie Trained Therapy Dogs

Childcare



Elisabeth Richards



- selah.empowers@gmail.com
- (616) 510-6305
- selah-empowers.org



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Chair Yoga!

Selah is excited to announce it will be holding a women's-only **Yoga Class** on March 15th that will focus on releasing trauma from our minds and bodies. We will be experiencing **chair yoga** which can be less physically demanding but still a great workout and will be led by Kristi Henderson, certified trauma yoga instructor!

Trauma-informed yoga is practiced in a safe space where you and your boundaries are respected. Kristi will help us learn how to control and manage what our bodies and minds are going through and as you combine movement and breath, build back those mind/body connections. Join us and find new ways to improve your overall health! Feel free to invite someone you may know who struggles to release the stress from trauma, whether emotional, physical, or psychological. So put on some comfy clothes, grab a water bottle and come on out for a new and fun experience!

Date: March 15, 2023

Time: 7 - 8:30 pm

**Location: HomFlats 28 West,
1401 Prairie Pkwy SW, Wyoming, MI 49509**

(Community Room is just a few doors down from the leasing office.)

Please RSVP for class and child care. Send RSVP's to shirley@selah-empowers.org by Monday, 3/13/2023.

Link to map:



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.

Evening Class Meeting location:

Heritage Christian Reformed Church,
3089 84th Street, Byron Center, MI
49315.

Enter under 'the ark' sign or door
on northwest corner of building.