



Pause & Find Strength

Latest Class & Event Info

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Selah Classes Begin This Week

After a busy week with a special event and three days representing Selah at the West Michigan Women's Expo, Selah is excited to get back to the routine of classes for the next 10 weeks! Level One will be working with the topic **Power and Control** and Level Two will continue with Lysa TerKeurst's book *Good Boundaries and Good Byes*. We are looking forward to seeing you on Wednesday, March 22, 2023. See page two for more info on dates, times and links to online classes! See you soon!

Please Share Your Thoughts . . .

In an effort to be the best we can be to address your needs and keep our services vital to your journey, Selah would value your thoughts. In class this week you will have the opportunity to complete a brief survey that includes questions on expectations, topics, impact and more. For those that join online, a link will be sent to you and you can complete it on screen and submit it electronically. We are really excited about hearing your voice!

West Michigan Women's Expo

Selah Empowers Was There!

This past weekend Selah Empowers was represented at the West Michigan Women's Expo with a beautiful booth. We met many new women, heard their stories, shared encouragement and our resources with them. We also connected with several other exhibitors with whom we hope to partner and expand our ability to educate more women and impact more communities. We'll keep you updated as these are developed!

A healthy relationship will
never require you to
sacrifice your friends, your
dreams, or your dignity.

MANDY HALE

Selah
EMPOWERS

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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
Online link for **LEVEL ONE ONLY**: To receive the link for online access to classes please reach out to selah.empowers@gmail.com

- March 22: Power and Control - Basis of Abuse
- March 29: Verbal, Emotional and Psychological Abuse
- April 5: Characteristics of Abusers, Part 1
- April 12: Characteristics of Abusers, Part 2
- April 19: Cycle of Abuse-Effects of Trauma on the Brain
- April 26: Effects of Trauma on Children’s Brains
- May 3: Faith Issues and Relationship Abuse
- May 10: Financial Advisor Guest Speaker
- May 17: Legal Advisor Guest Speaker
- May 24: Self Esteem

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*. We will be studying lesson #6 this week, *You’re Going to Make It*. Please feel free to join even if you haven’t done prior lessons!

Online and In-person: 7-8:30 pm, the same dates as Level One.
Online link for **LEVEL TWO**: To receive the link for online access to classes please reach out to selah.empowers@gmail.com.

FACILITATORS



Vicki Williams



Carol Bosch, LMSW



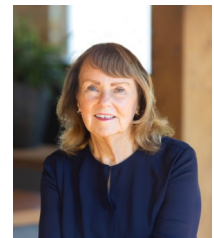
Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

Greeters

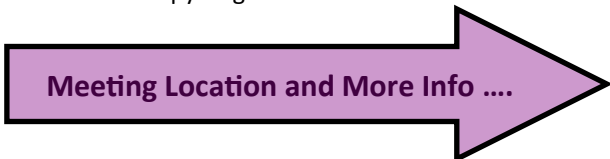


Kim Diekevers
& Kayden or Karly or Lettie
Trained Therapy Dogs

Childcare



Elisabeth Richards





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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.

Selah is grateful to be partnering with these local counselling centers:



Free & Discounted Services Available!

Recently Selah was extended benefits under the CAP (Church Assistance Program) due to it's association with the church where we meet. Services include three free therapy appointments with a counselor at Pine Rest Christian Mental Health Services, a 30-minute free legal consultation and discounted legal and financial services at two local firms. Dependent children are eligible to be included in the therapy appointments. For more information please reach out to Selah Empowers at:

Selah.empowers@gmail.com or

616-510-6305