



# Pause & Find Strength

News Blurb from Selah Empowers

Vol. 2 Issue 10

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## Guest Speaker Kendra Ortega, Attorney



Kendra Ortega, Attorney  
616-326-4324

This week Wednesday, March 8th, Selah welcomes attorney Kendra Ortega to the evening class in person and online. Kendra is a trusted advocate for women experiencing abuse and has been helping Selah women successfully navigate legal issues, bringing clarity to the legal tangles that arise when considering dissolution of marriage, providing insight to important factors to consider before any steps are taken. Kendra will be addressing a wide variety of concerns to consider including custody and support, prior litigation, physical injunctions, family health and social issues, property and more. Don't miss this opportunity to connect with Kendra and have your questions addressed!

### 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**



### CHAIR YOGA NEXT WEEK

**We Need to Hear From You!!**

**RSVPs Please**

Next week Selah takes a break from regular classes and will be hosting the opportunity for you to experience chair yoga! Please plan to join us! **More info on page 3!**

**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 [shirleyr@selah-empowers.org](mailto:shirleyr@selah-empowers.org) by Monday, 3/13/2023.



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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](mailto:selah.empowers@gmail.com).

- 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
- 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 #4, *Old Patterns, New Practices*, this week. Please feel free to join even if you haven’t done prior lessons! Looking forward to more great conversation, insights, and feedback from each of you!

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](mailto:selah.empowers@gmail.com)

### FACILITATORS



Vicki Williams



Carol Bosch, LMSW



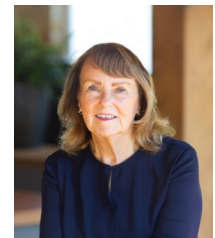
Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

### Greeters

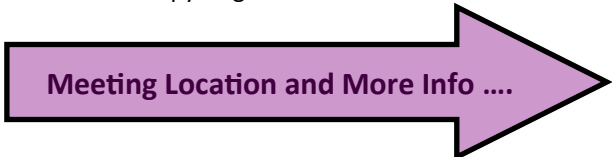





Kim Diekevers & Kayden or Karly or Lettie Trained Therapy Dogs

### Childcare



Elisabeth Richards



-  [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com)
-  (616) 510-6305
-  [selah-empowers.org](http://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 [shirleyr@selah-empowers.org](mailto:shirleyr@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.

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



**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.



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