



# Pause & Find Strength

Latest Class & Event Info

Vol. 2 Issue 14

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## Special Leslie Vernick Workshop - LIVE!

**Thursday, April 13, 2023**

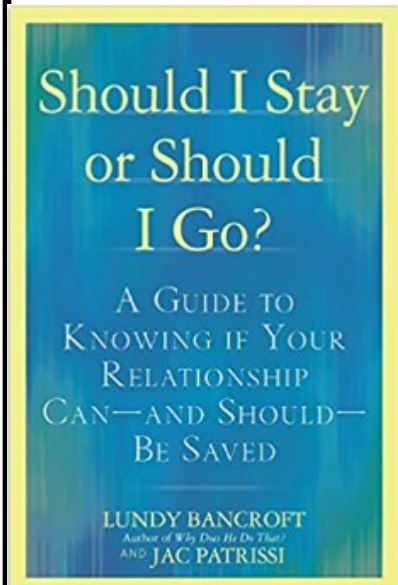
**12:00 Noon and 7:30 PM**

Leslie Vernick is hosting a special, free workshop where she will be sharing specific strategies designed to help you navigate the confusion that arises when your spouse's words don't align with their actions. Leslie will also stay live following the workshop for Q & A. In the workshop she will share:

- How to Easily Recognize if Changes are REAL or if They're Just Careful "Image Management" strategies
- A Detailed Roadmap of the Path for Healing a Broken Marriage
- How to Repair Damaged Trust
- False Teachings That Keep Women Silent and Scared
- Why marriage counseling is Not Necessarily the Right First Step

Additionally, when you register you will receive 3 short videos on pertinent topics from Leslie Vernick. Please email [shirleyr@selah-empowers.org](mailto:shirleyr@selah-empowers.org) for the link to register.

### Book review - *Should I Stay or Should I Go*



Every relationship has problems, but you can't figure out if yours is beyond hope. How bad is too bad—and can your partner really change? Now, in this warm, supportive, and straightforward guide, Lundy Bancroft and women's advocate JAC Patrisi offer a way for you to practically and realistically take stock of your relationship and move forward.

If you're involved in a chronically frustrating or unfulfilling relationship, the advice and exercises in this book will help you learn to:

- Tell the difference between a healthy—yet difficult—relationship and one that is really not working
- Recognize the signs that your partner has serious problems
- Stop waiting to see what will happen—and make your own growth the top priority
- Design a clear plan of action for you and your partner
- Navigate the waters of a relationship that's improving
- Prepare for life without your partner, even as you keep trying to make life work with them

Selah has a regular supply of loaner books available! Please check out the book table or connect with Selah.

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

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 [selah-empowers.org](http://selah-empowers.org)



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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**  
Please email [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) for access to online classes.

- April 12:** Boundary Setting and Coping Skills
- April 19:** Cycle of Abuse-Effects of Trauma on the Brain
- April 26:** Effects of Trauma on Children’s Brains
- May 3:** Lisa Dean, Financial Advisor, AM & PM
- May 10:** Faith Issues and Relationship Abuse
- May 17:** Self Esteem
- May 24:** Attorney Stephanie Judd, Guest Speaker AM & PM

### LEVEL TWO —STRENGTH FOR THE JOURNEY

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

We are continuing with the Lysa TerKeurst book *Good Boundaries and Goodbyes, Loving Others Without Losing the Best of Who You Are*. This week we will begin discussing **Chapter Three** of the actual book in more of a ‘book club’ style, relating what resonates with us, have questions on, or just want to pursue further. There is so much more in the book than what is covered in the Study Guide that we just didn’t want to move on yet. Come join us for great discussion and discovery!

**Online and In person: 7-8:30 pm, the same dates as Level One.**  
Please email [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) for access to online classes.

### FACILITATORS



Vicki Williams



Carol Bosch, LMSW



Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

### Greeters

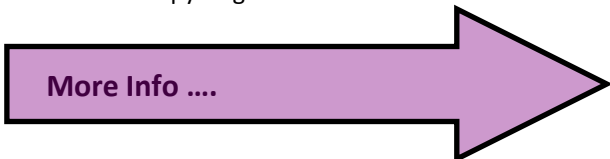


Kim Diekevers  
& Kayden or Karly or Lettie  
Trained Therapy Dogs

### 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:**



## How Can We be in Prayer For You?

In Selah online and in person classes, facilitators often extend the opportunity for participants to share a prayer request. These are anonymously passed along to a team of individuals who are



committed to praying over Selah, it's leaders and most especially for Selah participants. If you have a prayer request you would like to

submit, please feel free to do so by dropping an email to [shirleyr@selah-empowers.org](mailto:shirleyr@selah-empowers.org). Your email will be handled with confidentiality, care, and covered in prayer!



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