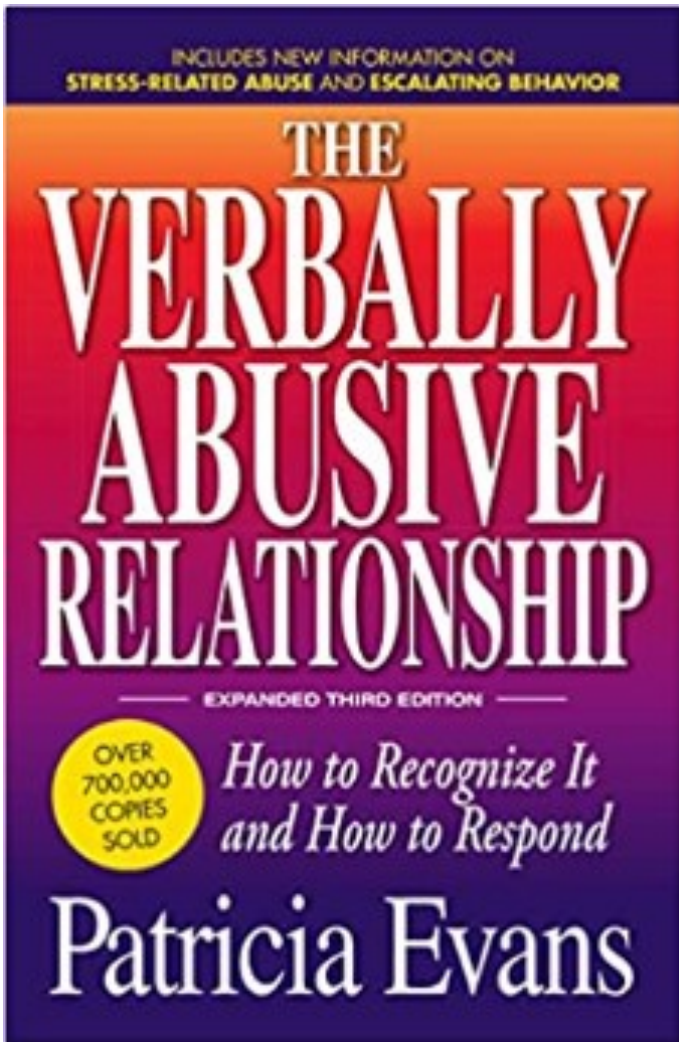




Book Recommendation

Selah Empowers has several books it routinely suggests to help bring clarity to those experiencing difficult and destructive relationships. Below is a brief overview of one book that is often found helpful. If you would like a book recommendation for your situation, please reach out to Selah at selah.empowers@gmail.com or (616) 510-6305. We're here for you!



If you or someone you know answers 'yes' to one or more of the following questions, this book is required reading:

- Does your partner seem irritated or angry at you several times a week?
- Does he deny being angry when he clearly is?
- Do your attempts to discuss feelings of pain or emotional distress leave you with the feeling that the issue has not been resolved?
- Do you frequently feel perplexed and frustrated by his responses, as though you were each speaking a different language?

Almost everyone has heard of or knows someone who is part of a verbally abusive relationship--if they're not involved in one themselves.

In *The Verbally Abusive Relationship* you'll find validation and understanding--it's not 'all in your head'--and encouragement for your efforts to change the situation. Author Patricia Evans explores the damaging effects of verbal abuse on children and the family, and offers valuable insight and recommendations to therapists, as well as those who seek therapeutic support.



Pause & Find Strength

Latest Class & Event Info

Vol. 2 Issue 14

Page 2 of 3

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 reach out to selah.empowers@gmail.com or (616) 510-6305 for access to online links or meeting locations.

- 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: Lisa Dean, Financial Advisor, AM & PM**
- May 10: Faith Issues and Relationship Abuse**
- 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.

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 Two** 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 reach out to selah.empowers@gmail.com or (616) 510-6305 for access to online links or meeting locations.

FACILITATORS



Vicki Williams



Carol Bosch, LMSW



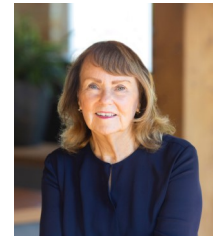
Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

Greeters

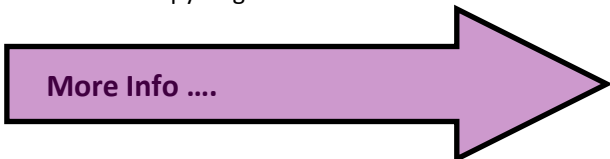





Kim Diekevers
& Kayden or Karly or Lettie
Trained Therapy Dogs

Childcare



Elisabeth Richards



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



Pause & Find Strength

Latest Class & Event Info

Vol. 2 Issue 14

Page 3 of 3

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