**Stephanie L. Judd**
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## Attorney Stephanie Judd - Guest Speaker Next Week!

Stephanie focuses her practice exclusively in the area of family law, and strives to provide her clients with an unparalleled level of personal service.

With an extensive background in family law including divorce, child custody, support, paternity, and adoption matters, Stephanie consistently monitors new developments in the law in order to provide her clients with the most effective representation possible.

Don't miss this opportunity to have your legal concerns addressed by another wonderful partner of Selah's. **Stephanie will be online for the morning class on May 24th and online and in person that evening.**

## This Emotional Rollercoaster . . . Is Part of it Grief?

We made up our minds, we have finally made a decision, committed to it, acted on it. We understand why we left. No one really wants to die. No one really wants to live in constant fear or anxiety. No one wants to feel disrespected or unloved. No one really wants to have their freedoms compromised or feel trapped. Leaving abuse behind can bring a unique type of grief and heartbreak.

**Typically, psychologists have identified stages of grief to include:**

- Denial or Numbness from Shock
- Anger, Anxiety, and Frustration
- Depression, Detachment, and Sadness
- Bargaining and Dialogue Creation
- Acceptance and Moving On

**You aren't grieving over that actual person as they now exist. You are grieving over:**

- The person who you thought they were.
- The relationship you hoped to have.
- The potential future you were working to create.
- The time and energy you lost during the relationship.
- The loss of your own independent identity.
- The feeling of "love" itself which was actual just trauma bonding.
- The benefits of the relationship itself such as companionship.
- The fact you feel like you failed in some way.

Even though you have physically left the situation of chaos, fighting, and drama, your mind and body will continue to fight the good fight. If you are struggling with grief and loss resulting from an abusive relationship, **please reach out to a mental health professional or the counselor present at your Selah class to develop coping strategies best for you.**

Compiled from https://community.thriveglobal.com/youve-left-now-what/

# 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 access the online class link please email: selah.empowers@gmail.com**

**May 17: Self Esteem**
**May 24: Attorney Stephanie Judd, Guest Speaker AM & PM**
**May 31: No Classes**

**AM Classes**

**June 7:** Power & Control
**June 14:** Verbal/Psych. Abuse
**June 21:** Characteristics of Abusers-I
**June 28:** Characteristics of Abusers-II

**PM Classes**: Strategies to become proactive when dealing with power and control issues. Join Shari and Misty for a fresh look at this topic.

## 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 be discussing Chapter Eight, *Trying to Make Someone Else Happy Shouldn't be Your Definition of Healthy*. We'll discuss how good boundaries bring relief to the grief of letting other people's opinions, issues, desires, and agendas run our life. Come join us!

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

**To access the online class link please email: 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

More Info ....

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

**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 counseling centers:**

PINE REST Christian Mental Health Services

Amplified Life Counseling & Coaching

WEST MICHIGAN WELLNESS GROUP

**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. Your email will be handled with confidentiality, care, and covered in prayer!

To locate a food pantry near you search:
**https://www.feedwm.org/findfood/**
(active link at end of this email).