



# Pause & Find Strength

Latest Class & Event Info

Vol. 2 Issue 20

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**Stephanie L. Judd**

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## Attorney Stephanie Judd - Guest Speaker This 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.**

## Introducing the Evening Level One New 4-Week Series!

Selah's evening group facilitators, Shari Murdock and Misty LaFree have been working hard to develop a new series of classes for you! These classes will be more interactive and will provide you with new tools and understanding you can begin to implement right away. You don't want to miss these!

June 7: Karpman Drama Triangle: Learn the 3 roles we can fall into trying to satisfy ourselves through other people and ways to change those interactions/views of yourself.

June 14: Stinkin' Thinking: Common thought patterns that keep you stuck and ways to break them.

June 21: Practicing Boundaries: Working on goal setting and communication styles. Developing personalized outcomes.

June 28: Emotional Detachment: Keeping your self-esteem intact while working with someone who does not show you respect.

No morning or evening classes next week on **Wednesday, May 31st**, as Selah takes a break following the conclusion of the Level One, 10-week cycle of classes. We will miss connecting with you while we pause, refuel and prepare for the next series of classes!



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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

To receive the link to attend classes online please email: [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com).

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.

### FACILITATORS



Vicki Williams



Carol Bosch, LMSW



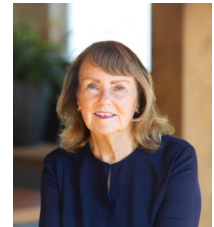
Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



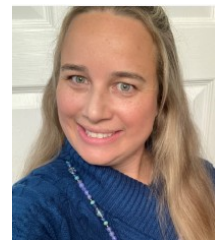
Marge Lucas, MSW

### Greeters



Kim Diekevers & Kayden or Karly or Lettie Trained Therapy Dogs

### Childcare



Elisabeth Richards

### 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 Nine, What Am I So Afraid Of? We'll discuss how drawing boundaries can also bring the fear of losing how that person meets our wants and needs. Come join us!

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

To receive the link to attend classes online please email: [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com).

More Info ....



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



(616) 510-6305



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



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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 counseling 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!

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