



Pause & Find Strength

Latest Class & Event Info

Vol. 2 Issue 18

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Lisa Dean, Financial Advisor, at Selah This Week!



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Selah has been blessed to forge many partnerships with individuals and organizations that are willing to come alongside women who can benefit from financial, legal, and mental health services. On Wednesday, May 3rd, Selah welcomes Lisa Dean, CDFA, **in both morning and evening classes**. Lisa will bring clarity to the financial tangles that arise when considering dissolution of marriage and provide insight to important factors to consider before any steps are taken. Lisa also lays out clear steps that help simplify the financial aspects of possible separation or even divorce and has been a significant blessing to several women connected to Selah. Please join Selah online or in person on Wednesday, May 3rd, to get all your financial questions addressed! See you there!

New Class Series Coming to Selah Level One!

This June, join us for a new, deeper look into the dynamics of a power and control based relationship. Once you understand what is happening, you can now make some different choices. But, what can you do differently? Since you can only change your own behavior, let us help you walk through some different strategies that you can utilize to become more proactive instead of reactive to the patterns that you can get into. We will explore possible responses you might encounter and how you can continue to engage in different ways. We think this will be a helpful look at still understanding an unhealthy or abusive relationship if you are new to this learning. It will be packed with tidbits that you can start to practice right now. We look forward to you joining us to engage in new habits!

“Don’t let someone who doesn’t know your value tell you how much you’re worth.” — **Unknown**



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 can be obtained by emailing selah.empowers@gmail.com.

- 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
- May 31: No Classes

June Series:

Stay tuned for a new series of classes planned for the 4 weeks of June with new possibilities also being discussed for July and August!

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 Six** 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. Come join us for great discussion and discovery!

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

Online link for Level Two can be obtained by emailing selah.empowers@gmail.com.

FACILITATORS



Vicki Williams



Carol Bosch, LMSW



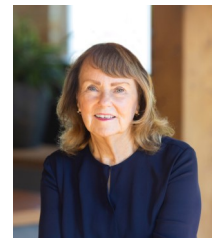
Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

Greeters

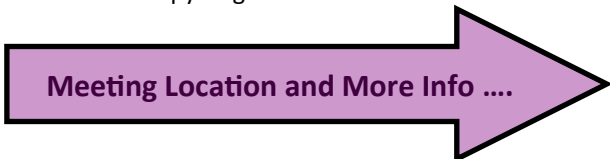


Kim Diekevers & Kayden or Karly or Lettie Trained Therapy Dogs

Childcare



Elisabeth Richards



selah.empowers@gmail.com



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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. 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/>