



# Pause & Find Strength

Latest Class & Event Info

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## Movement for Healing

Led by Kristi Henderson, Yoga Instructor

**July 18th and August 22nd, 2023**

**6:30 - 8:00 pm**

Location:

**Heritage CRC**

3089 84th Street SW, Byron Center, 49315

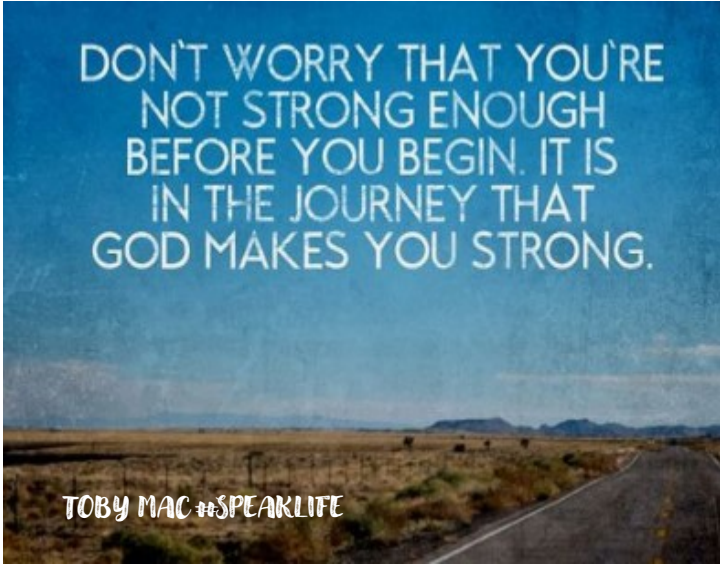
**This is a FREE Selah-sponsored event!**

**Childcare will be available.**

**Coming Up**  
**Self Defense Class - Early August**  
**Picnic for moms and kids with**  
**option for family photos -TBD**

### June 28th is the last of a 4-week special series Level One Evening Class

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! See the class schedule on page two for more info.



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

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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 a link to online class.

#### AM Classes

June 28: Characteristics of Abusers-II

July 5: No Class for Holiday Break

July 12: Cycle of Abuse/Trauma

July 19: Effects of Trauma on Child.

July 26: Abuse and Faith Issues

#### PM Classes

Emotional Detachment

No Class

Power and Control

Verbal & Emotional Abuse

Characteristics of Abusers -I

### FACILITATORS



Vicki Williams



Carol Bosch, LMSW



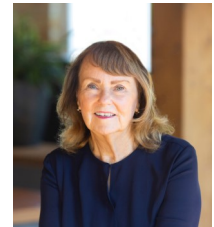
Shari Murdock



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 wrapping up our study of this book and focus on the Conclusion and other resources provided at the back of the book and how to utilize them as we continue the work of reclaiming our identities, reestablishing our personal values, and developing boundaries that keep us safe, healthy and respected.

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 a link to online class.

More Info ...



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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).