



Pause & Find Strength

Latest Class & Event Info

Vol. 2 Issue 33

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Lisa Dean, Financial Advisor, at Selah This Week!



Lisa Dean, CDFA®
LPL Financial Advisor

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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. This week Wednesday, August 16th, Selah welcomes Lisa Dean, CDFA, **for the evening class**. 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 evening, August 16th, to get all your financial questions addressed! See you there!

Upcoming Summer Events!

Movement for Healing
Led by Kristi Henderson,
Yoga Instructor

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!

Summer Picnic!

August 31, 2023

Lawn Games for Kids! Bonfire!

Held at Heritage CRC

3089 - 84th Street SW,
Byron Center, MI 49315

Hotdogs, fixings and dessert provided
but you are welcome to bring a dish to
pass. Bring your lawn chair(s)!

**“Strength doesn’t come
from what you can do.
It comes from overcoming
the things you once
thought you couldn’t.”**

—Rikki Rogers



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Upcoming 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 online link to join virtually please contact Selah at selah.empowers@gmail.com

AM Classes

- Aug. 16: Stink'n Think'n
- Aug. 23: Practicing Boundaries
- Aug. 30: Emotional Disengagement
- Sept. 6: Power and Control
- Sept. 13: Verbal/Psych Abuse
- Sept. 20: Character. Of Abusers-I
- Sept. 27: Character. Of Abusers-II
- Oct. 4: Cycle of Abuse/Trauma
- Oct. 11: Effects of Trauma on Child.
- Oct. 18: Abuse/Faith Issues

PM Classes

- Lisa Dean, Financial Advisor
- Cycle of Abuse/Trauma on Brain
- Abuse/Faith Issues
- Effects of Trauma on Children
- Self Esteem
- Power and Control
- Verbal/Psych. Abuse
- Characteristics Of Abusers-I
- Characteristics of Abusers-II
- Cycle of Abuse/Trama

LEVEL TWO —STRENGTH FOR THE JOURNEY

These classes focus on finding the strength needed as you make decisions for your situation.

This week we will continue **Chapter 4** as Lysa TerKeurst acknowledges the chaos of emotion we often live with during and after abuse but challenges us to consider that our ability to heal is not dependent on anyone else's choices, that it may never feel "fair or just", that healing can *begin* even if there has been no resolution or restitution.

Join us for great discussion as we study Forqiving What You Can't Forget by author Lysa TerKeurst.

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

To receive the online link to join virtually please contact Selah at selah.empowers@gmail.com

FACILITATORS



Vicki Williams



Carol Bosch, LMSW



Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

Greeters

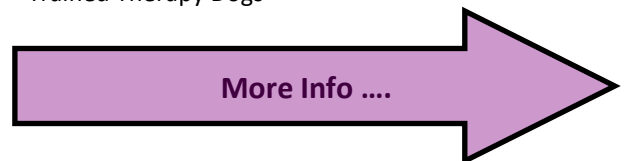


Kim Diekevers & Kayden or Karly or Lettie Trained Therapy Dogs

Childcare



Elisabeth Richards



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



Search "Addalock" portable door lock on Amazon



Search Monsin Wedge Alarm on Amazon

If one of these items would help ensure your safety but you cannot afford one, please reach out to Selah!