



Pause & Find Strength

Latest Class & Event Info

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Address Confidentiality Program Launched in Michigan

“Survivors of domestic violence, sexual assault and other abuse can now hide their addresses in public records through a new state program launched Wednesday.

The **Address Confidentiality Program** is aimed at protecting survivors and help them live without fear of their abusers tracking them down.

“We want to offer survivors every opportunity to know they can be safe,” Michigan Attorney General Dana Nessel told News 8 Wednesday during an interview in South Haven.” (<https://www.woodtv.com/news/michigan/new-state-program-hides-address-of-violence-survivors/>)

For more information please visit this website.



mi.gov/agacp ag-acp@mi.gov 313-456-0190

Program Summary

The ACP 780.851 et seq. (see appendix) is a statewide program run by the Michigan Department of Attorney General (DAG).

The ACP protects a participant's actual physical address by giving them a new official designated address and a Participant ID card. Participants also receive free mail forwarding. This program is for victims of:

- Domestic violence
- Sexual assault
- Stalking
- Human trafficking, or
- Anyone who fears that sharing their address increases their risk of threat or harm.

Home Repairs?? Vehicle Maintenance??

Do these leave you confused and frustrated?? As Selah’s Education Coordinator, Shari Murdock is always looking for more ways to meet the needs of Selah women. Up next on her list of ideas is a workshop on basic home and vehicle maintenance! But before she can put this together, she needs to know a little more about your availability, experience, and level of expertise (or lack of expertise!). Please click [HERE](#) for the link to the survey **or use the link in the email** to complete and submit a short survey so Shari can plan well to develop a great workshop geared to your interest and needs! Questions can be directed to shari@selah-empowers.org.

SURVIVING THE HOLIDAYS

With Help From

DIVORCE CARE

Group Support for separated or divorced individuals who are anticipating the Holiday Season.

Where: Heritage Christian Reformed Church
3089 84th Street SW, Byron Center, 49315

When: October 21, 2023, 9 am-12:00

Childcare will be provided.

Register at link in email or by contacting Elisabeth Richards at: erichards@heritagecrc.net



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



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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

Online link for LEVEL ONE ONLY is in the body of the email with this newsletter.

AM Classes

- Sept. 27:** Character. Of Abusers-II
- Oct. 4:** Cycle of Abuse/Trauma
- Oct. 11:** Effects of Trauma on Child.
- Oct. 18:** Abuse/Faith Issues
- Oct. 25:** Self Esteem
- Nov. 1:** Guest Speaker
- Nov. 8:** Guest Speaker
- Nov. 15:** Power and Control

PM Classes

- Verbal/Psych. Abuse
- Characteristics Of Abusers-I
- Characteristics of Abusers-II
- Cycle of Abuse/Trauma
- Effects of Trauma on Children
- Guest Speaker
- Guest Speaker
- Abuse/Faith Issues

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 review **Chapter 11, Forgiving God**. Interesting concept isn't it? Wondering where He is in all the chaos of your life? Let's see what God reveals to us through Lysa TerKeurst this week. We have the best discussions and are glad to welcome new comers. Reach out to Shirley Ritsema at shirleyr@selah-empowers.org to learn how to join in!

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

Online link for LEVEL TWO is in the body of the email with this newsletter.

FACILITATORS



Vicki Williams



Carol Bosch, LMSW



Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

Childcare



Elisabeth Richards





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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.

Evening Class Meeting location:

Heritage Christian Reformed Church, 3089 84th Street, Byron Center, MI 49315.

Enter under 'the ark' sign or door on northwest corner of building.

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!



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