



# Pause & Find Strength

Latest Class & Event Info

Vol. 2 Issue 41

Page 1 of 4

## Need New Housing Options?

The ICCF recently shared the information below with Selah. Don't miss this opportunity if you are in need of a new living situation.

"We are opening our affordable housing rental waitlist October 10, at 10am! This is for all bedroom sizes. We will accept the first 600 applicants.

At ICCF Community Homes we offer an array of housing opportunities. Our homes and apartment communities are mixed income. Each apartment has different rental and income limits.

ICCF Community Homes does offer other rental options not included in the waitlist. These rentals are set at a higher rental rate because they have limited or no outside funding sources."



## AFFORDABLE RENTAL WAITLIST OPEN OCT 10, 2023

### DETAILS

- How to apply:
  - Online at [iccf.org/waitinglist](http://iccf.org/waitinglist)
  - Scan the QR Code!
- Opens:
  - October 10, 2023 at 10am
- Closes:
  - After 600 applications received
- Floor plans:
  - Studios, 1-, 2-, & 3-Bedrooms
- Estimated wait:
  - 6 months-4 years

### LOCATIONS

- 415 Franklin - 415 MLK Jr St SE
- Stockbridge - 636 1st St NW
- Steepleview - 501 Eastern Ave SE
- 435 LaGrave - 435 LaGrave Ave SE
- Carmody - 730/736 Madison Ave SE
- Emerald Flats - 811 Emerald Ave
- Du/tri/quad-plexes - SE Grand Rapids



Limited Time!

VISIT [ICCF.ORG/WAITINGLIST](http://ICCF.ORG/WAITINGLIST) TO APPLY!

Questions? Contact Alex Valentine, Leasing Coordinator

616-336-9333, ext. 215

\*Reasonable accommodations due to a disability may apply. Please call for details.



[iccf.org](http://iccf.org)

415 MLK Jr St SE  
Grand Rapids, MI 49507

[avalentine@iccf.org](mailto:avalentine@iccf.org)



Selah  
EMPOWERS

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

(616) 510-6305

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



# Pause & Find Strength

Latest Class & Event Info

Vol. 2 Issue 41

Page 2 of 4

## 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 join a class online or in person, contact [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) for access.

#### AM Classes

- 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
- Nov. 22: NO CLASS
- Nov. 29: Verbal/Psych. Abuse
- Dec. 6: Karpman Drama Triangle

#### PM Classes

- Characteristics of Abusers- II
- Cycle of Abuse/Trauma
- Effects of Trauma on Children
- Guest Speaker
- Guest Speaker
- Abuse/Faith Issues
- NO CLASS
- Self Esteem
- Karpman Drama Triangle

### FACILITATORS



Vicki Williams



Carol Bosch, LMSW



Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

### 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 13, Bitterness - Is a Bad Deal That Makes Big Promises.** After loss comes grief which can lead to bitterness. This should be another insightful chapter that helps us look inward and identify what keeps us from healing. Reach out to Shirley Ritsema at [shirleyr@selah-empowers.org](mailto:shirleyr@selah-empowers.org) to learn how to join in!

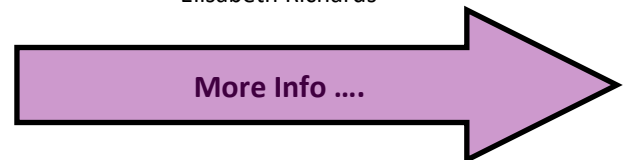
Online and In person: 7-8:30 pm, the same dates as Level One.

To join a class online or in person, contact [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) for access.

### Childcare



Elisabeth Richards



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

(616) 510-6305

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





# Pause & Find Strength

Latest Class & Event Info

Vol. 2 Issue 41

Page 3 of 4

**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.

## 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!



Selah is grateful to be partnering with these local counseling centers:





# Pause & Find Strength

Latest Class & Event Info

Vol. 2 Issue 41

Page 4 of 4

## COMMUNITY RESOURCES



**HYGIENE PANTRY**

3500 Byron Center Ave (616)528-4014  
Wyoming, MI 49509 lighthousewy@gmail.com

To locate a food pantry near you search:  
<https://www.feedwm.org/findfood/>

## SAFETY



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!**



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



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