



Pause & Find Strength

Latest Class & Event Info

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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

Please contact selah.empowers@gmail.com for info on joining classes both online and in person.

AM Classes

- Oct. 18: Abuse/Faith Issues
- Oct. 25: Self Esteem
- Nov. 1: Kendra Ortega, Attorney
- 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

- Cycle of Abuse/Trauma
- Effects of Trauma on Children
- Kendra Ortega, Attorney
- Lisa Dean, Financial Advisor
- 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

Childcare



Elisabeth Richards

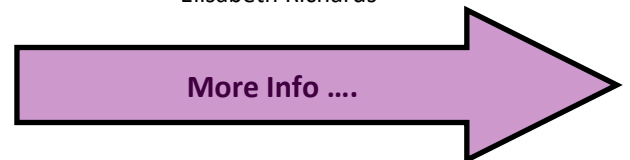
LEVEL TWO —STRENGTH FOR THE JOURNEY

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

This week we will review **Chapter 14, Living the Practice of Forgiveness**. This is our last chapter! We've been challenged in many ways with this book and learned much as well. This last chapter provides some tools to move toward healing by making forgiveness a daily practice. Great discussion awaits! 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.

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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.

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!



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





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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