



Pause & Find Strength

Latest Class & Event Info

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Free for Selah attendees and their families!

Once again Lisa Dean has extended this generous offer to Selah. Please RSVP as noted and enjoy a beautiful night at the Museum! (RSVP's due in 2 days)



PLEASE JOIN
LISA DEAN, CDFA® OF
BRIDGEPOINT WEALTH
MANAGEMENT FOR

Christmas

AT THE MUSEUM

DEC | 4 | MONDAY
2023 | *6 - 8:30PM

Grand Rapids Public Museum
272 PEARL STREET NW
GRAND RAPIDS, MI 49504

*Doors open at 6:00pm
Cookies and punch will be served*

Kindly RSVP by Wednesday, November 29, 2023 to Beth at 616-855-8652 or bhunting@bridgepointwm.com

In honor of the holidays, a representative from Toys for Tots will be collecting donations.

Securities and advisory services offered through LPL Financial, a registered investment advisor. Member FINRA/SIPC. LPL Financial is not affiliated with Toys for Tots and does not accept or collect donations on their behalf and is not responsible for any donations made to Toys for Tots at this event.



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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

Nov. 29: Characteristics of Abusers-I
Dec. 6: Characteristics of Abusers-II
Dec. 13: TBD

PM Classes

Self Esteem
Karpman Drama Triangle
Christmas Dinner/Special Holiday Class Combined (6:30 pm start)
Boundaries
No Class
No Class

Dec. 20: Boundaries
Dec. 27: No Class
Jan. 3: No Class

FACILITATORS



Vicki Williams



Carol Bosch, LMSW



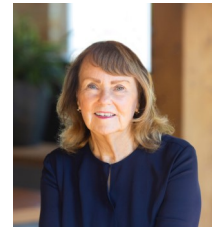
Shari Murdock



Misty LaFree, LLPC



Shirley Ritsema



Marge Lucas, MSW

Childcare



Elisabeth Richards

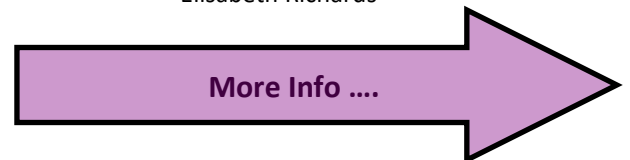
LEVEL TWO —STRENGTH FOR THE JOURNEY

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

This week we will dig into Chapter Four, Our Mothers, Our-selves, Part I. In this chapter the author looks at the many roles a mother plays and how each of them can have lasting impact on her children. Looking forward to unpacking this with each of you. Hope to see you Wednesday!

If you need a book or want to join in please reach out to Shirley Ritsema at shirley@selah-empowers.org.

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.



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.

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/>



Serving Hudsonville, Jenison & Grandville
Search <https://lovewm.org/>
to learn more.



Also known as "Love Inc."
To find one near you search:
<https://www.loveinc.org/find-your-love-inc/>

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