



# Pause & Find Strength

Latest Class & Event Info

Vol. 2 Issue 45

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## Lisa Dean, Financial Advisor, at Selah This Week!



**Lisa Dean, CDFA®**  
**LPL Financial Advisor**  
☎ 616-855-8657  
📠 616-369-3765  
✉ lidean@bridgepointwm.com

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, November 8th, 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, November 8th, to get all your financial questions addressed! See you there!



Love Inc, located in Hudsonville, MI offers a **Life Skills Program (LSP)** for those living in the Hudsonville, Jenison and Grandville areas that can have significant impact on your financial health.

The value of participating in the LSP program is vast and individual. For many families the financial value is worth about \$18,000 a year. The resources and support available to participants of the Life Skills Program is designed to free up income to be able to pay down debt and build savings.

The Life Skills Program also is a place where many people learn new skills through our catalog of classes. The community that is built within the program and the connections made outside the program can be life changing.

To learn more reach out to Love Inc. by texting or calling 616-662-3300 or email [connection@lovewm.org](mailto:connection@lovewm.org).

### Resources Available to Participants in the Life Skills Program

- Weekly Groceries (including meat, dairy, diapers)
- Household non-food items (laundry soap, toilet paper, personal care items)
- Clothing (seasonally for children, twice a year for adults)
- Blankets & Bedding
- Furniture
- Oil Change
- Household items
- Test & Repair of appliances
- Bikes
- Minor home repairs
- Computers
- Community Christmas
- Back-to-school supplies & clothing
- Winter wear
- Professional Counseling
- Housing Subsidy (monthly reimbursement – application needed)



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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 join a class in person or online please reach out to [Selah.empowers@gmail.com](mailto:Selah.empowers@gmail.com) for more information.

#### AM Classes

Nov. 8: Power & Control

Nov. 15: Verbal/Psych Abuse

Nov. 22: NO CLASS

Nov. 29: Characteristics of Abusers-I

Dec. 6: Characteristics of Abusers-II

Dec. 13: TBD

Dec. 20: Boundaries

Dec. 27 & Jan. 3: No Class

#### PM Classes

Lisa Dean, Financial Advisor

Abuse/Faith Issues

NO CLASS

Self Esteem

Karpman Drama Triangle

**Christmas Dinner/Special Holiday Class Combined (6:30 pm start)**

Boundaries

No Class

### FACILITATORS



Vicki Williams



Carol Bosch, LMSW



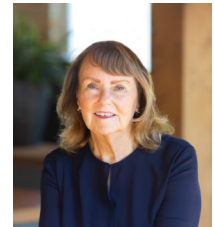
Shari Murdock



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.

Last week we dug into Chapter One of the book *Becoming Myself, Embracing God's Dream of You* by Stasi Eldredge and found much to reflect on and discuss! This week we will see how far we get into Chapter Two, Looking Back with Mercy. A great reminder of how to bestow grace on others and ourselves. Looking forward to what is revealed to us this week!

If you need a book or want to join in please reach out to Shirley Ritsema at [shirleyr@selah-empowers.org](mailto:shirleyr@selah-empowers.org).

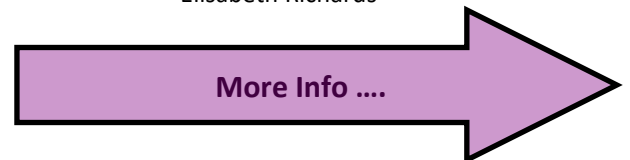
### Childcare



Elisabeth Richards

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

To join a class in person or online please reach out to [Selah.empowers@gmail.com](mailto:Selah.empowers@gmail.com) for more information.



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



(616) 510-6305



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





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## COMMUNITY RESOURCES



**HYGIENE PANTRY**

3500 Byron Center Ave      (616)528-4014  
Wyoming, MI 49509      [lighthousewy@gmail.com](mailto: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](mailto:selah.empowers@gmail.com)
- (616) 510-6305
- [selah-empowers.org](http://selah-empowers.org)