



# Pause & Find Strength

Latest Class & Event Info

Vol. 3 Issue 2

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## **New Partnership! New Class Location Option!**

Selah is excited to announce a new partnership with Open Chair Counseling in Caledonia, Michigan. Classes will begin Friday, January 12, 2024 and will include Selah's introductory classes that bring understanding, clarity, and validation to what you may be experiencing. Classes will be available in person only. Childcare will be provided.

### **Friday Afternoon Classes**

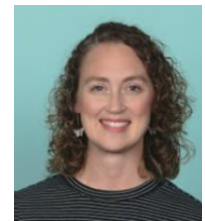
#### **4:30 - 5:30 pm (In person only)**

- Jan. 12: Power and Control
- Jan. 19: Verbal/Emotional/Psych. Abuse
- Jan. 26: Characteristics of Abusers 1
- Feb. 2: Characteristics of Abusers 2
- Feb 9: Trauma and the Brain
- Feb 16: Trauma and Children
- Feb. 23: Faith Issues
- Mar. 1: Self Esteem

### **CO-FACILITATORS**



Vicki Williams



Shari Murdock



Bridget Nash, MA, LPC

**For more information and location, reach out to Selah Empowers**

**at 616-510-6305 or [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com)**

**Or Bridget Nash at [Bridget@openchaircounseling.com](mailto:Bridget@openchaircounseling.com)**



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## Upcoming Classes

### LEVEL ONE— INTRO 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 this class can be received by contacting Selah at 616-510-6305 or [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com)**

#### AM Classes

- Jan. 10: Stink'n Think'n
- Jan. 17: Boundaries
- Jan. 24: Emotional Disengagement
- Jan. 31: Codependency/ Trauma Bond.
- Feb. 7: Children's Develop./Trauma
- Feb. 14: Forgiveness vs. Reconcil.
- Feb. 21: Grief & the Toxic Relation.
- Feb. 28: Power and Control

#### PM Classes

- Power and Control
- Verbal/Emotional/Psych Abuse
- Characteristics 1
- Legal Advisory
- Characteristics 2
- Trauma and the Brain
- Trauma and Children
- Financial Advisor

### FACILITATORS



Vicki Williams



Carol Bosch, LMSW



Shari Murdock



Misty LaFree, LLPC

#### Childcare



Shirley Ritsema



Elisabeth Richards

### LEVEL TWO — STRENGTH BUILDERS

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

It will be good to see everyone again! You have been missed as well as the community and camaraderie each of you help build each week! This week we will review **Chapter 7** of *Becoming Myself, Embracing God's Dream of You* and dig into how we can move from fear to desire again.

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).

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

**Online link for this class can be received by contacting Selah at 616-510-6305 or [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com)**





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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

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

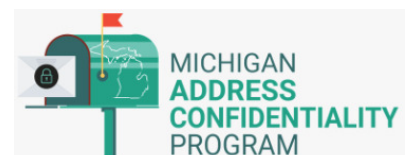


Search "Addalock" portable door lock on Amazon



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](mailto:selah.empowers@gmail.com)
- (616) 510-6305
- [selah-empowers.org](http://selah-empowers.org)