



Pause & Find Strength

Latest Class & Event Info

Vol. 3 Issue 2

Page 1 of 4

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

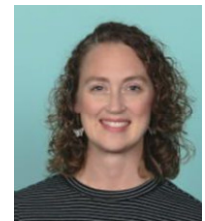
4:30 - 5:30 pm (In person only)

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

Or Bridget Nash at Bridget@openchaircounseling.com





Pause & Find Strength

Latest Class & Event Info

Vol. 3 Issue 2

Page 2 of 4

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

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.

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

More Info

Selah
EMPOWERS



selah.empowers@gmail.com



(616) 510-6305



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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. Your email will be handled with confidentiality, care, and covered in prayer!

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



Community Resources & More

Selah
EMPOWERS

 selah.empowers@gmail.com

 (616) 510-6305

 selah-empowers.org



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Page 4 of 4

COMMUNITY RESOURCES



HYGIENE PANTRY

3500 Byron Center Ave
Wyoming, MI 49509

(616)528-4014
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

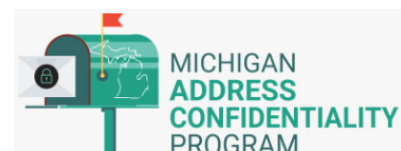



Search "Addalock" portable door lock on Amazon




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

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