

Expanded Class Offerings and Location Options!

Over the last several months enormous thought and effort has gone into refining and expanding the classes Selah consistently offers. As we head into the new year those plans are taking shape and we are excited to be able to share a little more detail. Some of the “new” sessions are ones that have been trialed off and on during the Journey to Understanding class time but Selah hadn’t made them a routine option....until now! Wondering which class is the right one for you? Check the descriptions below for more info!

JOURNEY TO UNDERSTANDING

This class is designed for those just coming to Selah and needing to find clarification for what they are experiencing but can be repeated as many times as needed. Eight sessions cover the topics of power and control, types of abuse, characteristics of abusers, impact of trauma, and self-esteem. In person and on-line groups create a community of individuals who validate and encourage one another in their respective journey. This is currently offered at two locations - Wednesday evenings online and in-person in Byron Center and Friday afternoon, in-person only in Caledonia.

SELF-AWARENESS & REFLECTION

This class is intended to help you identify specific toxic patterns and offer skills when dealing with difficult relationships. Once you have a better understanding of what is going on, you may be asking, "Now what can I do differently?" This series will explore topics such as the drama triangle, your own thought patterns, codependency and trauma bonding, ways you can change patterns or interactions with others, how grief influences behavior, how trauma influences child development, what is the goal of forgiveness, and how you can reevaluate expectations and thoughts about yourself. You are a strong, beautiful, intelligent woman and we want you to find that in yourself!! This class can be repeated as many times as needed to become more proficient with your new awareness and skills.

GROWING STRONGER TOGETHER

This class is for those who have completed at least one cycle of sessions from the Journey to Understanding class and possibly the Self-Awareness & Reflection class as well. Group discussions revolve around selected books whose insights lend themselves to growth and healing in a setting that encourages community and camaraderie. Those attending this class are typically moving forward in their journey and are making decisions that lead to healing and personal growth.

JOURNEY TO UNDERSTANDING - Caledonia

These classes will help bring clarity and validation to what you are experiencing.

In-person only: 4:30 pm, Fridays.

Address: Contact Selah Empowers or Bridget Nash* for location.

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

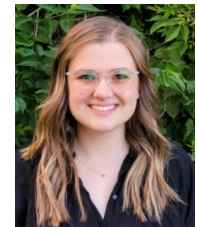
Mar. 1: Self Esteem

* Bridget@openchaircounseling.com

FACILITATORS



Vicki Williams



Bridget Nash, MA LPC



Shari Murdock

See page 2 for more class options!

JOURNEY TO UNDERSTANDING - Bryon Center

These classes will help bring clarity and validation to what you are experiencing.

Online and In-person: 7-8:30 pm, Wednesdays.

Location and online link: Contact selah.empowers@gmail.com for this information.

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|---|---------------------------------|
| Jan. 17: Verbal/Emotional/Psych. Abuse | Feb. 21: Trauma & Children |
| Jan. 24: Characteristics of Abusers - 1 | Feb. 28: Financial Advisor |
| Jan. 31: Legal Advisor | Mar. 6: Faith Issues |
| Feb. 7: Characteristics - 2 | Mar. 13: Self Esteem |
| Feb. 14: Trauma and the Brain | Mar. 20: Karpman Drama Triangle |

SELF AWARENESS & REFLECTION - Online Only

This class is intended to expand your skills when dealing with difficult relationships.

Online Only: 10 am, Wednesdays.

Online link: Contact selah.empowers@gmail.com for this information.

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|---|--|
| Jan. 17: Boundaries | Feb. 21: Grief/Toxic Relationships |
| Jan. 24: Emotional Disengagement | Feb. 28: Power and Control |
| Jan. 31: Codependency/Trauma Bonding | Mar. 6: Verbal/Emotional/Psych Abuse |
| Feb. 7: Children's Devel./Trauma | Mar. 13: Characteristics of Abusers -1 |
| Feb. 14: Forgiveness vs. Reconciliation | |

GROWING STRONGER TOGETHER - Byron Center

This class focuses on growth and healing.

Online and In-person: 7-8:30 pm, Wednesdays.

Location and online link: Contact selah.empowers@gmail.com for this information.

Each week we continue gaining new insights and wisdom from *Becoming Myself, Embracing God's Dream of You* by Staci Eldredge . This week we will explore Chapter 8, The Company of Women, and learn more about managing friendships. Great conversations await us!

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

FACILITATORS



Shari Murdock



Misty LaFree, LLPC



Erica Terry, Intern



Vicki Williams



Carol Bosch, LMSW

**Selah Childcare
Bryon Center
Location only**



Elisabeth Richards



Shirley Ritsema

Don't miss the next pages with more info from Selah!

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

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