

## Legal Advisor Presentation!



Michelle McClean  
(616) 531-7711  
michellem@bolhouselaw.com

**Next week, Wednesday, 1/31/24**, Selah will welcome attorney Michelle McClean to the Journey to Understanding class at 7 pm at the Byron location. Don't miss this opportunity to have your legal concerns addressed by another wonderful partner of Selah's.

In the area of family law, Michelle represents clients regarding divorce, contested custody, parenting time disputes, child support review, spousal support, fair and equitable division of the marital estate, grandparent visitation, adoption, paternity, and conservatorships/guardianships. She also represents parents in abuse and neglect proceedings including removal, termination and foster placement. She worked previously as a private custody evaluator for the Kent County Friend of the Court.

### **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 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](mailto:selah.empowers@gmail.com) for this information.

Jan. 24: Characteristics of Abusers - 1  
Jan. 31: Legal Advisor  
Feb. 7: Characteristics - 2  
Feb. 14: Trauma and the Brain  
Feb. 21: Trauma & Children

Feb. 28: Financial Advisor  
Mar. 6: Faith Issues  
Mar. 13: Self Esteem  
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](mailto:selah.empowers@gmail.com) for this information.

Jan. 24: Emotional Disengagement  
Jan. 31: Codependency/Trauma Bonding  
Feb. 7: Children's Devel./Trauma  
Feb. 14: Forgiveness vs. Reconciliation

Feb. 21: Grief/Toxic Relationships  
Feb. 28: Power and Control  
Mar. 6: Verbal/Emotional/Psych Abuse  
Mar. 13: Characteristics of Abusers -1

**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](mailto: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 9, Beauty Forged in Suffering, and learn how peace and beauty can be found in difficult times.** 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](mailto:shirleyr@selah.empowers.org).

**FACILITATORS**



Shari Murdock



Misty LaFree, LLPC



Erica Terry, Intern



Vicki Williams



Carol Bosch, LMSW



Elisabeth Richards

**Selah Childcare  
Bryon Center  
Location only**



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](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:



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

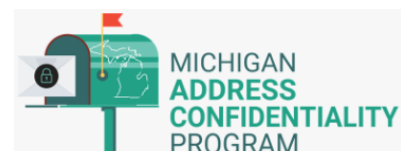


Search "Addalock" portable door lock on Amazon



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](http://mi.gov/agacp) [ag-acp@mi.gov](mailto:ag-acp@mi.gov) 313-456-0190