

## Book Recommendation

Selah's Childcare Coordinator, Elisabeth Richards, is gifted at bringing activities and books to children in her care that bring both joy and laughter along with comfort and resources for those that have experienced trauma. *Something Scary Happened*, by Darby Strickland, comes highly recommended by Elisabeth. Below is a little info on the book and author.

"Miles is a happy little lamb until something bad happens. All of a sudden, Miles feels like he is alone in a deep dark valley, but it is there in the valley that he meets his good Shepherd who promises to always be with him, no matter what.

Counselor and trauma expert Darby A. Strickland uses the story of Miles to help parents and caregivers share the comfort of taking their fears to the good Shepherd by applying Psalm 23 to difficult experiences. Through a special section at the end of the book, Strickland helps parents recognize the feelings and behaviors children might have in response to their trauma and guides them in how to help children talk about what scared them."



## FACILITATORS

### **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.

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](mailto:Bridget@openchaircounseling.com)



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.

**Online link:** Contact [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) for this information.

- |                               |                                 |
|-------------------------------|---------------------------------|
| Jan. 31: Legal Advisor        | Feb. 28: Financial Advisor      |
| Feb. 7: Characteristics - 2   | Mar. 6: Faith Issues            |
| Feb. 14: Trauma and the Brain | Mar. 13: Self Esteem            |
| Feb. 21: Trauma & Children    | 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.

**Location and online link:** Contact [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) for this information.

- |   |  |
|---|--|
| 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 |  |
| Feb. 21: Grief/Toxic Relationships      |  |
| Feb. 28: Power and Control              |  |

**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 10, Stumbling into Freedom** where she challenges us to consider that freedom is costly but captivity is always more costly. Looking forward to more great conversations!

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

**FACILITATORS**



Shari Murdock



Misty LaFree, LLPC



Erica Terry, Intern



Vicki Williams



Carol Bosch, LMSW

**Selah Childcare  
Byron 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](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

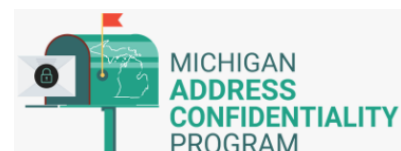


Search "Addalock" portable door lock on Amazon



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