

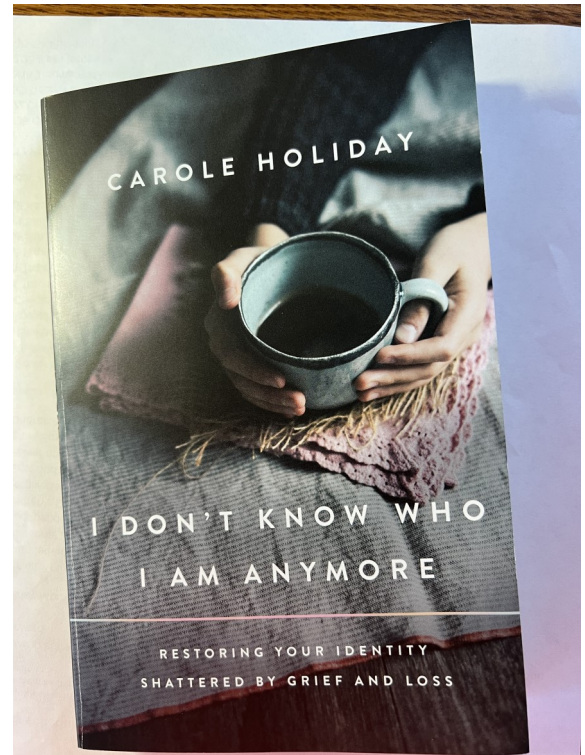
## Grief, really?

Grief can be an unexpected by-product of unhealthy relationships, separation, or divorce. The Growing Stronger Together class will begin discussion on the book below in mid-March. If you have completed the Journey to Understanding and/or the Self Awareness and Reflection series and are looking for more, please reach out to Shirley Ritsema at [shirleyr@selah-empowers.org](mailto:shirleyr@selah-empowers.org) for more information on how to join this class.

Ironically, when we start to get better, we also start to get sad - because we realize how much we've missed out on, how badly certain people failed us, what the younger version of us actually deserved. Healing involves healthy grieving. No way around it.

unknown

wordables.



### **JOURNEY TO UNDERSTANDING - Caledonia**

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

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

Location: Contact [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) or Bridget Nash\* for this information.

Feb. 16: Trauma and the Brain

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) or 616-510-6305 for this information.

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.

**Link:** Contact [selah.empowers@gmail.com](mailto:selah.empowers@gmail.com) or 616-510-6305 for this information.

Feb. 14: Children's Develop./Trauma  
Feb. 21: Forgiveness vs. Reconciliation  
Feb. 28: Grief & Toxic Relationships

Mar. 6: Power and Control  
Mar. 13: Verbal/Emotional/Psych. Abuse  
Mar. 21: 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) or 616-510-6305 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 look at **Chapter 12, Becoming a Woman of Worship**. The author will help us see worship in new and personal ways. Looking forward to more great conversations!

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

**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 .....

The services and products noted below are those that Selah Empowers has become aware that may be useful given certain situations but are not intended to reflect an endorsement by Selah.

## 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


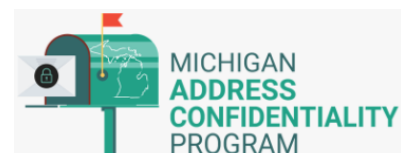


Search "Addalock" portable door lock on Amazon



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