

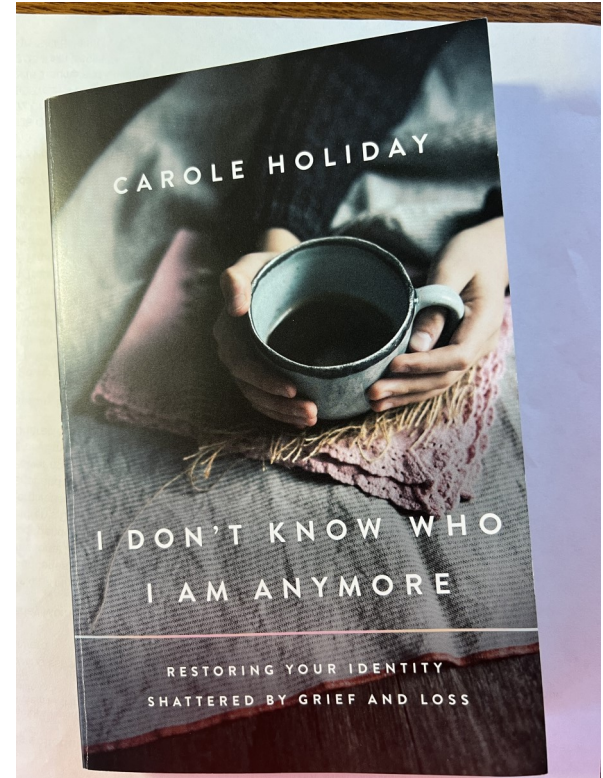
The **Growing Stronger Together** class will start a new discussion book about mid-March and are excited to glean more wisdom and insights from *I Don't Know Who I Am Anymore – Restoring Your Identity Shattered by Grief and Loss*. This book brings greater understanding to the unexpected emotions of grief and loss that accompany unhealthy relationships, separation, and divorce. 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 for more information on how to join this class.

Book description:

How do you survive when everything that gave meaning to your life suddenly disappears? Grief can spark the question, God, when will you see me? Carole Holiday has weathered heartbreaking loss and the despair that whispers, "I don't know who I am anymore." Through her trials, including divorce, job loss, and heart surgery, she has learned that deep grief carves space for a deeper ability to love.

Readers who have been shredded by suffering, who have lost hope in God or in life being good again will -

- unpack what it means to be made in God's image
- learn how to redirect doubts and despair toward a God-filled identity and purpose
- understand that loss offers an enormous capacity to feel more deeply
- discover that even though rejected by those they most loved, they still matter to God
- and be reminded of the truth that sadness and faith are not mutually exclusive.



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 or Bridget Nash* for this information.

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 or 616-510-6305 for this information.

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.

Link: Contact selah.empowers@gmail.com or 616-510-6305 for this information.

Feb. 7: Codependency/Trauma Bonding, Part 2	Mar. 6: Power and Control
Feb. 14: Children's Develop./Trauma	Mar. 13: Verbal/Emotional/Psych. Abuse
Feb. 21: Forgiveness vs. Reconciliation	Mar. 21: Characteristics of Abusers -1
Feb. 28: Grief & Toxic Relationships	

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 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 be reviewing Chapter 11, Becoming a Woman of Faith** and discuss the Biblical examples the author shares. 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.

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. 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

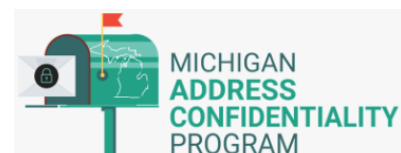


Search "Addalock" portable door lock on Amazon



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